

#Democracy in action

The children have been learning about democracy and elections this week as part of **National Parliament Week**. We have been focussing on the importance of the right to an education and to be heard. In the spirit of democracy, we launched the long awaited **School Council Election Campaign**. We were very excited by the enthusiasm of the children to stand for school councillor positions and their commitment to making a change in their school. The children are now busy writing and delivering their manifestos in preparation for **Election Day on Friday 12th November**. We look forward to hearing the results next week!



The Great Outdoors

Outdoor Classroom Day is a global movement to make time outdoors part of every child's day. Brecknock is committed to this philosophy in our curriculum, environmental education and partnership with Forest schools. In Reception the children had an outdoor picnic and discussed the effect of litter on the area where they live, "If we leave litter the animals might die". Afterwards the litter superheroes helped to find all the litter in the playground and sort it into the right bins. Year 1 used simple compass directions and directional language to look at local landmarks and observe surrounding school area from the roof. Year 2 took maths outside, making leaf number lines and grouping leaves to practice times tables!

The Youth Climate Summit takes place next week, with opportunities for the children to take part in online lessons about issues such as pollution, sustainable food and farming and preserving our oceans. Please see page 7 for ideas.



Anti-Racism Working Group

On Monday 9th November, the first meeting of the **Anti-Racism working group** will take place on zoom. Thank you to those parents and staff who have signed up to be involved. We look forward to hearing your views on issues important to you and how the school can promote anti-racism in our curriculum, practice and policy.



We had a great response to Parents Evening. I hope you found the meetings useful and informative about your child's progress. If you had any problems arranging or accessing a meeting, please contact the office by phone or email admin@brecknock.camden.sch.uk.



Christmas is coming...

Following the success of the Happiness Hamper project in the summer term, we are working with Kentish Town Community Centre to provide Christmas hampers for our families. Torriano, Kentish Town

and St Patrick schools are also joining us to fundraise for this important project. Please see the poster on Page 10 and 11 of this newsletter for details of how you can help.



Winter Street Fair

We are joining forces with Torriano School for a post lockdown Winter Street Fair. We hope to emerge from the current lockdown and get Christmassy on the 12th December from 12pm-3pm. This is an event, run by parents and carers for our community, with stalls set up outside homes, in front gardens and local parks. There will be a map to help guide families around the fair and the necessary safety and social distancing precautions will be in place. If you would like to get involved or want to know more about the event, please see page 2 of this newsletter for more details. This event will help fundraise for the school but most importantly help us to build back as a community in a safe and festive way.

Lockdown Measures

I wrote to you on Wednesday regarding the national lockdown and provision for fulltime schooling during this period. This included information about the new lockdown restrictions and the importance of following public health guidance. Thank you for your swift response to additional precautions, including wearing masks at drop off and pick up time. It is important that we all work together to ensure community safety and so the children can continue to be learning in school. I have spoken to the children about their right to an education and although things may be different during this four-week period, school will remain the same, where they can learn and play with their friends in their class.

Please continue to work with us to ensure that your child is attending school, unless they are unwell or need to self-isolate in line with the government guidance. If you have any concerns or worries please call or email the school admin@brecknock.camden.sch and a member of SLT will contact you.

I hope you have a safe weekend, Helen.



- **Friday 18th December**
- END OF TERM
- **Monday 21st December - Friday 1st January 2021**
- Christmas Holidays - school closed
- **Monday 4th January 2021**
- Start of Spring term - school reopens

Meet The Staff - Lisa Hyland



This is Lisa, one of our current Year 3 teachers, who has worked here since 2018. Lisa, also head of literacy, loves books. She has many favourite authors: George Orwell, Gabriel Garcia Marquez, Hunter S. Thompson and Malcolm Gladwell (to name a few) but has too many favourite books to mention. Her favourite thing about working at Brecknock is her class!

On a karaoke night you might catch her singing Bohemian Rhapsody or eating sushi, which is her favourite food. If she could meet anyone for a coffee, it would be David Bowie, who was her idol growing up, when she had aspirations of being either an artist or a teacher. Dylan, her one year old son makes her laugh the most and during lockdown she missed her family the more than anything.

If given the choice she would rather have a magic wand than a time machine and octopus arms over having caterpillar legs.

After School Clubs

Please find a link below to a short survey that we are asking you to complete to help us establish what your childcare needs are for After School childcare, we will use this information from you to help us make arrangements and organise some type of provision from January 2021, if the Government guidelines around Covid-19 allows. Note: if you have more than one child you may put all the information on a single survey.

smartsurvey.co.uk/s/T1AFJ6

We do have availability in our Breakfast Club. Should you require morning childcare, please request a registration form and then email it to t.kubilay@brecknock.camden.sch.uk



Winter Street Fair

As mentioned in Helen's piece, we are pleased to announce that we are joining forces with Torriano School and are hosting a Winter Street Fair, on **Saturday 12th December**.

We are asking Parents to set up stalls with games, bric-a-brac, food, gifts or crafts in their front garden, local park, footpath or in front of your building, so that other parents can tour the different spots using an interactive Google Map. **All in respect of social distancing and sanitary precautions.**

We need your help to make this happen. Whether it is helping with planning, preparing or taking part yourself, please email your details to brecknockpta@gmail.com

If you are interested in joining the PTA and getting it up and running again, please contact us.

If you have a home with a front garden Heston's Estate Agents have offered to donate £20 per board to the school, for those that can display a board promoting the Winter Fair. Please let us know if you can do this, even if you can't take part in the fair itself.

We need to get support from local businesses too for raffle prizes, or if you have anything at home, please let us know.

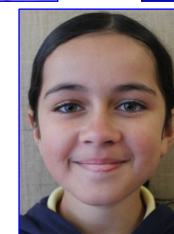
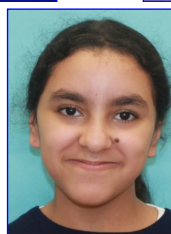
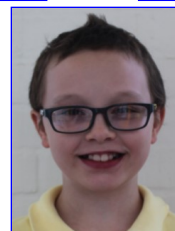
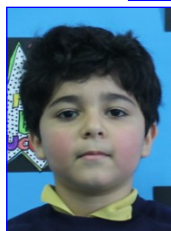
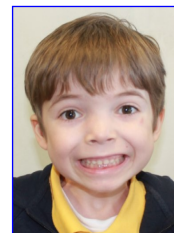
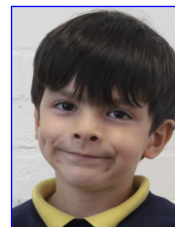
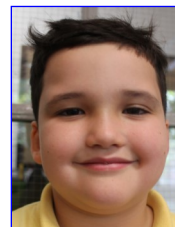
GET IN TOUCH - Feel free to join the current WhatsApp Group: Brecknock Parents (ask to join by texting Valerie on 07796 760 614).



Stars Of The Week!



Here are some of our stars of the week, from the last week before half term!



Healthy Packed Lunches



Here at Brecknock we encourage healthy eating. We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches, which encourages the following:

Fruit and Vegetables - at least one portion of fruit and vegetables.

Protein - meat, fish, egg or other non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and dhal)

Oily Fish - such as tinned or fresh mackerel, sardines, salmon or tuna.

Dairy - milk, cheese, yoghurt, fromage frais or calcium fortified soya products (reduced fat products when possible).

Drinks - water, pure fruit juice (**no added sugar**), milk or smoothies.

Fruit based puddings - fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble.

Packed lunches should not contain:

Fizzy/sugary drinks - including diet drinks or energy drinks)

Confectionery - such as chocolate or sweets

NUTS - no nuts or products containing nuts.



Absences



We kindly request that you call the school office before 9.00am if your child is going to be absent from school.

As soon as you know your child is going to be off, you can call the office at any time and leave a voicemail or else you can speak to a member of staff during school hours.

We encourage you to update us regularly on any illnesses that keep your child off school for more than a day.

30 Hours For Spring 2021



Please be reminded that Parents must apply for their 30 hours eligibility for the spring term no later than 31st December. We encourage parents to apply early as HMRC/Camden may require further details to confirm their eligibility and we recommend that parents **apply now**.



Working parents who already have an eligibility code from HMRC must reconfirm their codes every 3 months and ensure they have a valid code for the following term – please ask parents to check their childcare account every 3 months from the start date of their code. Parents cannot start a new placement if they are in their grace period. Parents can access their account via www.gov.uk/childcareaccount

Working parents should apply to HMRC at www.childcarechoices.gov.uk to obtain their eligibility code. They must have an 11 digit code with a start date of 31st December or before to be valid for the spring term. Providers should check each code through your Eligibility Checker on the Provider Portal. **Parents should apply now for their code for spring 2021.**

Disadvantaged Camden residents who are not eligible for the HMRC offer can apply for the additional 15 hours at [Camden Free Childcare](#) applications must be received **no later than 31st December** for spring term eligibility. Parents must present their eligibility letter prior to providers accepting them for a free place. **Parents should apply now for their eligibility letter for spring 2021.**

There are no exceptions to this final deadline date of 31st December, if parents do not have their eligibility by 31st December we will not be able to fund the additional hours (this still applies regardless of the pandemic).



Virtual Families for Life sessions for families with primary school aged children (Mike Mortlock, Healthandwellbeingteam@camden.gov.uk)

Camden's Health and Wellbeing Team are running regular free virtual Families for Life sessions for families with primary school aged children. All the sessions are virtual and include the option of calling in via phone.

The sessions take into account the effect of lockdown on families and include topics such as eating well at home, looking at food labels including "hidden" sugar in various foods, strategies to prevent fussy eating and tips for increasing physical activity and reducing screen time. There are sessions for parent/carers only (Tuesday 10-11am) and sessions for parents/carers and their children (Tuesdays 4-5pm).

Parents who have attended the sessions have found them to be enjoyable and helpful. One parent said "I am so happy I did the sessions. They were great and I have learn a lot!"

Parents can contact the Health and Wellbeing team directly for further information and/or to book a place. Please feel free to promote the sessions to families who you feel would benefit from attending.

Families For Life Virtual Sessions!

All sessions are free. Topics covered on a rolling basis - you're welcome to attend one or all of the sessions.

Families for Life EARLY YEARS

Sessions are for families with children aged between 2 – 4 years

Every Thursday at 2:30pm - 3:30pm.
Fussy eating strategies are discussed in each topic:

- Topic 1: Eating Well at Home
- Topic 2: Fun Breakfast ideas and hidden sugars
- Topic 3: Understanding labels and portion sizes
- Topic 4: Staying Active at home without relying on screens.

Families for Life PRIMARY

Sessions are for families with children aged between 5 - 11 years

Every Tuesday at 4:00pm - 5:00pm.
Fussy eating strategies are discussed in each topic:

- Topic 1: Eating Well at Home
- Topic 2: Fun breakfast ideas and hidden sugars
- Topic 3: Understanding labels and portion sizes
- Topic 4: Fun activities at home without relying on screens.

Families for Life PARENT ONLY

Sessions are for families with children aged between 5 - 11 years

Every Tuesday at 10:00am - 11:00am
Fussy eating is embedded into each topic:

- Topic 1: Exploring strategies to raise healthy eaters
- Topic 2: Discover hidden sugars
- Topic 3: Understanding labels and portion sizes
- Topic 4: Easy ways to get your family moving and reducing screen time

**CLICK HERE TO BOOK YOUR
EARLY YEARS PLACE**



To book the PARENT ONLY or PRIMARY sessions contact Camden's Health and Wellbeing Team -



020 7974 6736



healthandwellbeingteam@camden.gov.uk

<https://www.camden.gov.uk/health>











Microsoft Teams

These sessions are now taking place virtually through Microsoft Teams. You can also join via phone, no internet required. Teams is free to download on a computer, phone or tablet.
Either visit your app store or go to:

<https://www.microsoft.com/en-gb/microsoft-365/microsoft-teams/download-app>

Please advise us in advance if you would like an interpreter

| What to do if... | Action needed | Back to school... |
|---|---|--|
|  <p>...my child has COVID-19 (coronavirus) symptoms*</p> | <ul style="list-style-type: none"> • Child shouldn't attend school • Child should get a test • Whole household self-isolates while waiting for test results • Inform school immediately about test results | <p>...if a child's test comes back negative and symptom free for 48 hours. The child should not be tested again unless they develop new symptoms*</p> <p>If the test result is positive, then see below.</p> |
|  <p>...my child tests positive for COVID-19 (coronavirus)</p> | <ul style="list-style-type: none"> • Child should not attend school • Child self-isolates for at least 10 days from when symptoms* started (or from day of test if no symptoms) • Inform school immediately about test results • Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - even if someone tests negative during those 14 days • Other household members should not get tested unless they develop symptoms because even if they tested negative, they must still isolate for 14 days | <p>...after 10 days has passed so long as the child is feeling better and has been without a fever for at least 48 hours.</p> <p>They can return to school after 10 days even if they still have a cough or loss of smell/taste. These symptoms can last for several weeks once the infection is gone.</p> |
|  <p>...somebody in my household has COVID-19 (coronavirus) symptoms*</p> | <ul style="list-style-type: none"> • Child shouldn't attend school • Household member with symptoms should get a test • Whole household self-isolates while waiting for test result • Inform school immediately about test results | <p>...if the household member test is negative, and the child does not have COVID-19 symptoms*</p> |
|  <p>...somebody in my household has tested positive for COVID-19 (coronavirus)</p> | <ul style="list-style-type: none"> • Child shouldn't attend school • Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - even if someone tests negative during those 14 days • No need for the child to get tested unless they develop symptoms | <p>...when child has completed 14 days of self-isolation, even if they tested negative during the 14 days</p> |

| What to do if... | Action needed | Back to school... |
|--|---|---|
|  <p>...NHS Test and Trace has identified my child as a 'close contact' of somebody with symptoms* or confirmed COVID-19 (coronavirus)</p> | <ul style="list-style-type: none"> • Child shouldn't attend school • Child self-isolates for 14 days (as advised by NHS Test and Trace) - even if they tested negative during those 14 days • Rest of household does not need to self-isolate, unless they are a 'close contact' too | <p>...when the child has completed 14 days of self-isolation, even if they tested negative during those 14 days</p> |
|  <p>...we/my child has travelled and has to self-isolate as part of a period of quarantine</p> | <ul style="list-style-type: none"> • Do not take unauthorised leave in term time • Consider quarantine requirements and FCO advice when booking travel • Provide information to school as per attendance policy <p>Returning from a destination where quarantine is needed:</p> <ul style="list-style-type: none"> • Child shouldn't attend school • Whole household self-isolates for 14 days - even if they test negative during those 14 days | <p>...when the quarantine period of 14 days has been completed for the child, even if they test negative during those 14 days</p> |
|  <p>...we have received advice from a medical/official source that my child must resume shielding</p> | <ul style="list-style-type: none"> • Child shouldn't attend school • Contact school as advised by attendance officer/pastoral team • Child should shield until you are informed that their restrictions are lifted, and shielding is paused again | <p>...when school/other agencies inform you that restrictions have been lifted and your child can return to school again</p> |
|  <p>...I am not sure who should get a test for COVID-19 (coronavirus)</p> | <ul style="list-style-type: none"> • Only people with symptoms* need to get a test • People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who tested positive | <p>...when conditions above as matching your situation, are met</p> |

*Symptoms include a high temperature, a new continuous cough and loss or change to your sense of smell or taste. See more at www.nhs.uk/coronavirus

For further information: gmhscp.contracttracing@nhs.net
www.gov.uk/backtoschool

Camden ~~New~~ Journal *future*

What if we created a special wraparound edition of the Camden New Journal written from the year 2030?



A vision of Camden from 2030 by the Secret Artist NW5

Neighbours, artists, activists, students, businesses and dreamers. What would Camden look like in 2030 if our borough rises to the challenges of tackling the climate emergency and social inequality? What news and issues would fill our local newspaper?

We are inviting people who live, work and play in Camden to write newspaper articles or create images describing life in Camden in 2030. Imagine Camden has met its climate targets* and things have changed to reflect the needs of our communities and the environment. We want your compelling stories that imagine a fairer, happier, and less consumption-based society - stories that will give us all fresh and hopeful ways to think about the future of Camden.

A selection of your stories and images will be printed in our special four page wrap around of the Camden New Journal on the 7th January 2021. Content can be anything from a photo-collage to a poster; from a short poem to a full article. All entries will be turned into an art exhibition and be published online.

The deadline for submitting entries is 27th November 2020

For more information and to submit your articles and images, contact: cnj2030edition@gmail.com

Up to 300 words per written entry, images must be in JPG or PDF. Written entries can be posted to 19 Highgate Road, NW5 1JY.

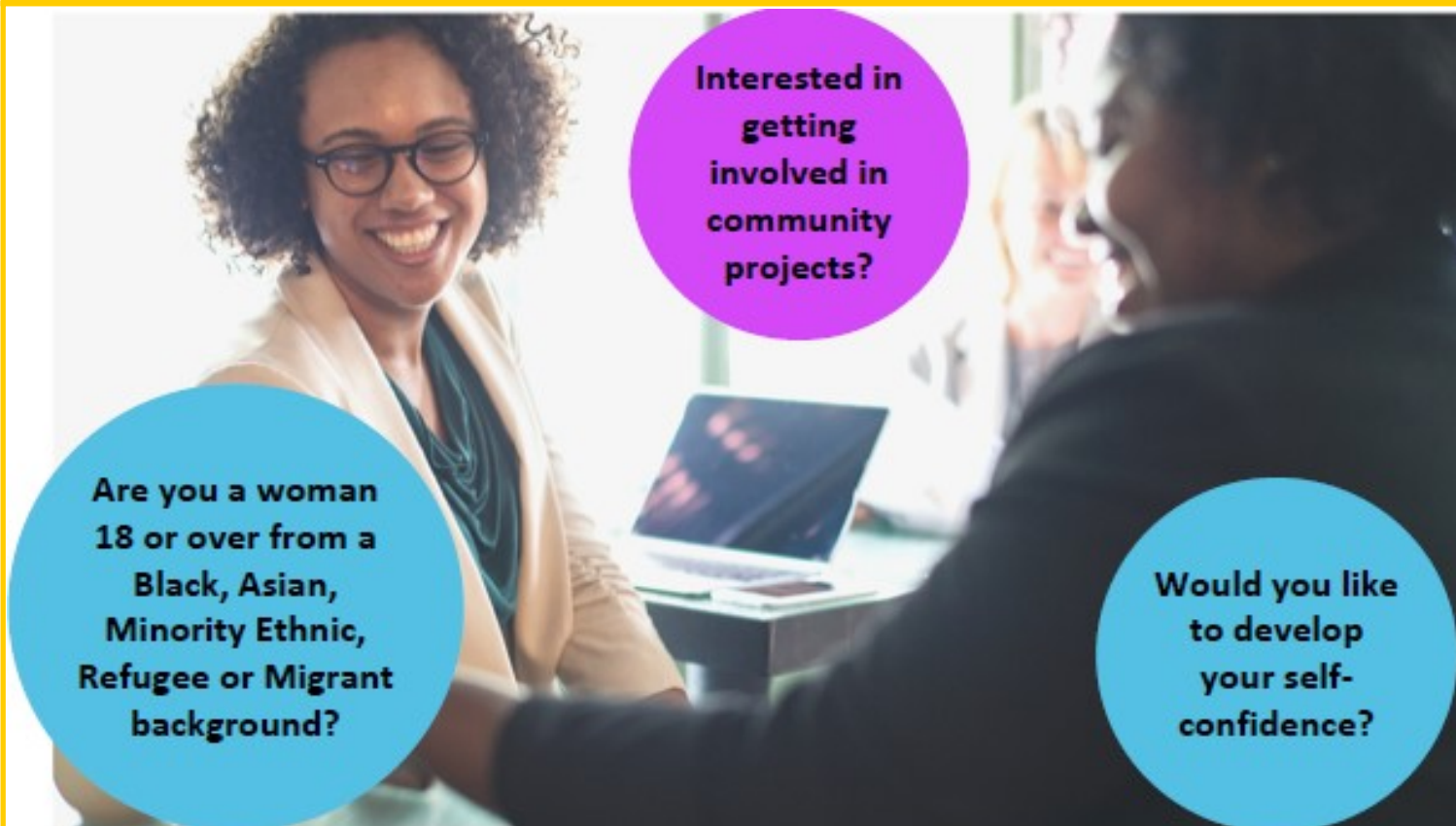
Together, let's imagine the future we want in Camden, and then start to create it.

**Camden Council's Climate Action Plan, launched in June this year, creates a framework for action across all aspects of the borough with the aim of achieving zero carbon emissions in Camden by 2030.*

QUESTIONS TO GET YOU THINKING

- What does your area look like?
- What can you hear?
- How do you get around?
- How do you connect with nature?
- How do you use energy?
- How do we treat the most disadvantaged in our communities?
- How is your food grown and transported?
- What arts and culture are on offer?
- What work do you do?
- What are the hot topics in zero-carbon Camden?
- How do we celebrate and have fun?
- How does Camden connect with the rest of the world?





NEFERTITI WOMEN'S COMMUNITY EMPOWERMENT PROJECT

The Nefertiti women's community project aims to empower and motivate Black, Asian, minority ethnic, refugee and migrant women to gain confidence, reduce feelings of isolation, and set up projects to strengthen their local communities. It is **FREE** to join Nefertiti.

You can join one of three project groups: 1) literacy, digital learning, and training opportunities; 2) parenting skills, nutrition and exercise; 3) employment and self-employment. Nefertiti will provide regular online workshops, a personal mentor for you, and online meetings for your support group.

We will help you and the women in your group to co-design and deliver workshops with the support of an experienced facilitator. Nefertiti will also help you build strong links with a range of local and community groups, adult education and colleges.

For more information and to apply for the programme, contact Dr. Ali: info@laamiga.org
Phone: 0208 257 7317
www.laamiga.org
Charity Number: 1145538


HM Government

In partnership with
THE NATIONAL LOTTERY
COMMUNITY FUND



ONLINE TUTORS KEEPING CHILDREN SAFE



GUIDANCE FOR PARENTS & CARERS

YOU MIGHT GET A TUTOR FROM SCHOOL, THE NATIONAL TUTORING PROGRAMME, A GOOGLE SEARCH OR A RECOMMENDATION. BUT ANYONE CAN CALL THEMSELVES A TUTOR, SO HOW CAN YOU KEEP YOUR CHILDREN SAFE WHILE THEY CATCH UP?

1) Select the right tutor

- o Get to know them first - ask about qualifications, experience (freelance? umbrella body?) & approach
- o Take up references and speak to them if you can
- o Ask to see a DBS (criminal record) check. NB - private tutors can only get the basic check; (don't let a DBS give you a false sense of security though)
- o Find out which platform they will use and its safety features



2) Establish clear rules

- o Sessions must always be arranged via you; the tutor should not contact your child directly between sessions, send private messages or change communication platform
- o A tutor is not a friend – they should behave in a professional way, like a teacher
- o Sessions must not be recorded without your approval
- o Try to be in the room for all sessions, especially for younger children, and certainly the first time
- o Your child should not join a session from a bedroom. If this is unavoidable, pop in frequently, ensure they are fully dressed at all times, point the camera away from beds & personal information, and blur or change the background



3) Make sure your child knows

- o The rules apply to them and the tutor
- o A tutor is a teacher not a friend
- o Neither tutor nor child should share personal information, private messages or photos & videos
- o They must never meet without your approval or communicate on a different platform
- o Who their trusted adults are at home and school
- o They can tell you if they are asked to keep a secret or anything happens or is said that is strange or makes them feel uncomfortable, scared or upset



Kentish Town Community Centre Christmas Happiness Hampers Project



December is around the corner which is a tough time for lots of our families, so we are launching a special fundraiser

The fundraiser will take 3 forms:

- An online fundraiser (see link below)
- Local boxes for people to drop off food
- Speaking to local business to collect food or donate money.



This is a month-long campaign finishing around the 1st December. This allows us time to prepare the hampers for distribution or collection by families at the end of the school term.

<https://donorbox.org/kentish-town-community-centre-christmas-hampers-project>

Other Information

Brecknock, Torriano, Kentish Town CoE and St Patricks Catholic Primary Schools will decide on the families who will receive the hampers, based on known need. This follows on from the 'Happiness Hampers' project which we launched in March 2020 to support low income families at the beginning of the lockdown.

Email: projects@ktcc.org.uk or call 020 7482 3212 Wednesday – Friday

For the Christmas Happiness Hampers we would like:

- Rice
- Pasta
- Pasta Sauce
- Mince Pies
- Chocolate
- Coffee
- Tea
- Sweetcorn
- Tuna
- Tinned Custard / Rice Pudding
- Sweets
- Oranges



Please do not donate

- Soup
- Any open or split packages
- Anything that is not labelled
- Spices/ Herbs
- Anything that's about to go off

Email: projects@ktcc.org.uk

or call 020 7482 3212 Wednesday – Friday