

Friday 18th September 2020

**Message from the head:** Its been another very busy week in school. Thanks once again for your support with the new systems in school. This week Ms. Wall and myself started our 'virtual' assemblies with Key Stage 2 on Mondays and Tuesdays and today we did a whole school sharing assembly online. Slowly but surely we are adapting to the new 'bubble' way of working and coming up with ways to do what we used to. This term we are theming our assemblies around Inspirational people. At times like this it is good to reflect on people both past and present who can be an inspiration to us all. If any of you have a job, hobby or skill that you would be willing to speak to the children about we would love to hear about it. As we are not able to go out on trips to museums and galleries due to not using public transport we need to look at ways to bring the outside in—and you are our greatest resource at Fleet—the Fleet community. Classes are always looking for things that link in with topics or speakers for assemblies which we can do using online video calls. Please let the office know. This week all the classes were doing some assessments so teachers can gauge exactly where they are following last academic year's lockdown. Next week they will be using those baseline assessments to think about what each child needs individually moving forward to plug any gaps that may have arisen and think about how we achieve that. As I mentioned in a previous letter, teachers will then be calling you (some time in the week beginning the 28th September) to have a chat, touch base with you and together think about your child and the outcomes of those planning sessions so we are all working together. This will be in place of the usual face to face meeting that would usually take place much later in the term. Keep an eye out for more detail of when to expect that call in the coming week. Have a great weekend.

**The Power of a Letter!** In Autumn 2018, the then Year 5 class did a unit writing persuasive letters to get more blue plaques recognising women's achievements (at the time, only 14% of blue plaques were dedicated to women). One of the 3 women the class wrote about was Noor Inayat Khan, a WW2 British spy of Indian descent, whose work was vital to the war effort and who never gave away her mission, despite being brutally tortured when captured. Noor has just been awarded a blue plaque in London! Probably nothing to do with the letters we wrote 2 years ago but you never know!

**Parent Governor Vacancies** Please consider putting yourself forward for this important role. If you would like any information on the role ask one of the existing parent governors or speak to Mr M<sup>c</sup>Gibbon. Current parent governors are: Jon—dad to Emaline (Y6), Hunter (Y3) and Rocco (Y1); Annie—mum to Tabby (Y3); Ellie—mum to Sam (Y2) and Delphi (Rec); Hannah—mum to Ursula (Y2) and Astrid (Nur); Saba—mum to Suha (Rec)

## Moria Emergency Appeal

Recently there have been two recent fires in refugee camps in Greece which have wiped out all that they had. 'Help Refugees' have launched an urgent appeal for supplies to be shipped out. As a staff we have been collecting items for them and we thought we would share the website with you in case anyone feels moved to help too: <https://donate.helprefugees.org/campaigns/moria-emergency/>

## Meet the Parents event for Secondary transfer

'Meet the Parents' are going virtual for their annual event this year in response to the pandemic. The webinar format will take place on Monday September 28th from 6.30 to 7.30pm. There will be a live online panel of families from the local state secondary schools frankly answering questions about their schools from parents deciding where to send their children for Year 7. Secondaries represented will be Acland Burghley, Haverstock, La Sainte Union, Parliament Hill and William Ellis. You will be able to submit questions online during the event. Parents in all year groups at Fleet are welcome to take part but it is particularly relevant for parents of children in year 5 and 6 who are thinking about where they want to apply to for secondary school. We will send out details of the zoom link nearer the time. So that they know the level of interest in advance, please register to take part through this eventbrite link: <https://www.eventbrite.com/e/meet-the-parents-at-fleet-primary-school-tickets-118428186895>

## Curriculum Letter, Snapshots and Videos

Please ensure you have watched and read these.

<https://www.fleet.camden.sch.uk/learning/curriculum/topic-overviews>

## Individual School Photos—1st October

The school photographer is coming in on October 1st to do individual photos. At this time there will be no group or class photos (these will hopefully be done later in the year). All Covid—secure precautions will be taken to ensure the photographer and each individual child remain socially distanced while the photos are taken. There will be no sibling photos at this time, just individual.

## Fleet artists, we need your help!

There is still time to enter the library genre label competition. We'd like our wonderful Fleet artists to make us some signs for the book shelves.

**What you need to do:** Make a sign with the name of the genre (choose one—the genres are: **adventure, mystery, short stories, fantasy, spooky, funny, animals, historical, poetry**). Your sign should be 5.5cm wide by roughly 35cm long. It can be on plain white paper using pencils, felt tips, gel pens, paints or pastels. If you need some paper from school, just ask! It would be great if your writing could show something about that genre - so for example if you're doing a sign saying 'spooky' you might decorate it with some skeletons, cobwebs and ghosts, or if you're doing 'fantasy' it might have some dragons, witches or fairies on it. Make sure the name of the genre is large and clear for people to read! Hand in your entry to your class teacher and they will pass it on. We can't wait to see your fabulous art work!

## Water Bottles

We are not able to allow children to drink directly from the water fountains at the moment due to Covid-19 restrictions. Please ensure your child comes into school with a water bottle (with their name on it). They will be able to refill it throughout the day. It's really important that they have access to water throughout the day as being dehydrated can affect concentration and learning. Thank you.



## Star of the Week Awards—this weeks winners...

Well done to our first group of 'Stars of the Week' for 2020-21. We are very proud of their hard work and effort in class.



\*\*\* **IMPORTANT** \*\*\*

**Please Read :**

## What to do if my child or someone in my house is ill?

We are entering into Autumn, and with the children coming back to school and into contact with the other children in their class they are more likely to pick up illnesses than over the summer break.

In this time of Covid-19 it is important that everyone knows what to do should your child, or anyone in your house become ill.

In the case of a cold, snuffle, sore tummy etc. or other symptom that is **NOT** one of the 3 symptoms associated with Covid-19 they would only need to stay off school for the period their illness means they are too unwell to be here. Any siblings, if not ill too, are able to come to school as normal.

The indicator symptoms of Covid-19 are:

- **a high temperature** – this means you feel hot to touch on your chest or back. A temperature above 38C is normally considered to be high.
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If your child, or any member of the family exhibits **ANY** of those 3 symptoms then you must go online and arrange a test for them. That child or person should self isolate for 10 days and their siblings and other members of the household for 14 days, until there is **EITHER**:

A negative test result **OR** A doctor's note explaining that the symptom is not COVID-19 (e.g. the cough is not a "new" cough – i.e. is typical of the child's pre-existing health condition)

If you have only been told by 111 that they do not need to get tested but the individual with symptoms still has one of the three COVID symptoms, then we will request a GP note to confirm this information before we will consider the child returning. This is in line with the advice we have received from the local authority.

## To protect our whole school community and keep everyone safe...



It is really important that anyone with symptoms is tested within 5 days. If the person is not tested within 5 days of symptoms first exhibiting then the whole household is required to self-isolate for 14 days. That is a lot of school for the children to miss and having a test can really minimise that. We know it is proving very difficult and frustrating at the moment to arrange tests but please keep trying if you are in the position that someone in the house has symptoms. In the majority of cases the test will be negative (very few children across the country are testing positive and unlike the flu, young children have been shown not to be spreaders). As soon as a negative test comes back children will be able to return rather than have to miss 2 weeks of school.

If the test is positive you must let us know straight away so we can discuss with public health and determine if we need to isolate the class the child is in and move to online learning for 14 days.

In the case of a positive test in your families all children in the family home—whether they have symptoms or not would stay off school.

If you are unsure you can phone the office for advice or call 111. To arrange a Covid-19 test go to: [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test)



**please STAY AT HOME if your child or anyone in your household has symptoms of coronavirus**

### Stay alert to any of these symptoms:

- A high temperature
- A new, continuous cough
- A loss of, or change to, your sense of smell or taste



### If your child or anyone in your household has symptoms:

- Stay at home
- Self-isolate and get tested
- Tell your school that someone in your family may have coronavirus

Find out how to get a test, and how long to isolate, at [nhs.uk/coronavirus](https://nhs.uk/coronavirus)  
**If a test has been taken and the result is negative, we will then welcome your child back at school!**



# Back to School Travel Information...

Welcome back to a new school term! While the majority of our pupils live in the local area and are able to walk/scoot/cycle to school we know for some of you that is not possible. Social distancing measures and pressures/anxieties around using public transport may mean changes in the way some of you travel to school. To help you make the journey to and from school easier and safer for everyone this year, here are some important travel updates and resources to share from Camden.

## Planning your journey to school:

TfL have provided resources to help plan your children's journey. You can find the best walking and cycling routes to school, as well as the nearest bus, train and underground stations through the [Journey Planner webpage](#). You can find the new STARS Safer Journey guide on our website by clicking [here](#):

## Changes to bus services:

To help understand the changes in the school bus services, please visit [tfl.gov.uk/reopeningeducation](http://tfl.gov.uk/reopeningeducation). TfL have a short video to help everyone understand how this will work. You can find the video [here](#).

## Walking, cycling and scooting to school:

- Unfortunately, we are unable to do our usual cycle skills training this term. However, **free cycle skills training courses** are available for all Camden children and adults, register for a session [here](#). TfL have also launched a new online Cycle Skills course that can be found [here](#).
- Camden will be organising a Doctor Bike event at Belsize terrace on Wednesday 16<sup>th</sup> September where you will be able to **get your bike serviced and repaired for free**, (this is the same as the one we would normally do here) as well as see up close one of the cargo bikes Camden has on offer. For more information please contact [richard.riddle@camden.gov.uk](mailto:richard.riddle@camden.gov.uk)
- Parents may wish to try our **cargo bike loan scheme**, giving them a chance to trial for free one of our electric assist cargo bikes for a period of 1 to 3 months. Please refer to the flyer (left) for more information.

- Camden is also partnering with Lime bikes and will be offering **20% discounts on all Lime rides** from 6 to 9:30 on weekdays through September, for the morning commutes and school runs. For more information please visit the app: <https://www.li.me/en-us/home>.

- **Get ready for Bike to School week** later this month! (September 28<sup>th</sup> to October 2<sup>nd</sup>)
- Sustrans Activity resources are available to download here: <https://www.sustrans.org.uk/our-blog/projects/2019/uk-wide/bike-to-school-week>

## Active travel news in Camden:

**Healthy School Streets:** from September this year as part of our Transport Strategy Camden will be rolling out more of the Healthy School Streets. Visit this [web-site](#) for more information and the latest project updates.

London Living Streets and Urban Good are launching Central London Footways with Transport for London on 17th September. This is a new walking map that highlights a network of quiet and interesting streets in central London.

Please visit: <https://footways.london/>



## Camden Cargo Bike Network

The Camden Cargo Bike Network offers cargo bike trials to parents who wish to try out a cargo bike for the school run. During a free, no-obligation cargo bike loan you can decide whether buying your own cargo bike will be the right choice for you. We offer free tailored cycle skills training, too, so you can cycle your children to school safely and confidently.

## Why parents are embracing pedal power for the school run:

1. Improved air quality around schools and for your children - cargo bikes provide zero emission transport
2. Reduced costs - no fuel charges
3. More efficient: reliable journey times, no parking issues outside of schools
4. A great alternative to cars during Healthy School Street closures



If you would like more information about the Camden Cargo Bike Network, please contact Paul Davis or Michelle Jamieson  
(020 7974 5537, [Travelplans@camden.gov.uk](mailto:Travelplans@camden.gov.uk))



GREATER LONDON AUTHORITY





# From National Online Safety

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



TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos in a similar manner to Facebook, Instagram and Snapchat. Its main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity and has featured near the top of download charts ever since. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



What parents need to know about

## TIKTOK



### AGE-INAPPROPRIATE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up to the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are light-hearted or designed to make people laugh. However there have been a number of videos reported for featuring drug and alcohol abuse, self-harm and young teens engaging in sexually suggestive content. More recently, suicide-themed related videos have been widely circulated. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be common to come across explicit and age-inappropriate content on the 'for you' feed when logging into the platform.



### INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others' videos on the app.



### TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities – social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.



### ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.



### ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.



### IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



## Safety Tips For Parents



### TALK ABOUT ONLINE CONTENT

Assuming your child is above the age limit to use TikTok, make sure you take the time to talk to them about what they are seeing on the app. Have an open dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



### USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



### ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



### MONITOR VIEWING HABITS

Even if it doesn't make you popular, keep a close eye on what your child is viewing and sharing on TikTok. Whilst the app has moderation tools, videos can still slip through the net so it's important to regularly check in on what they're watching. Understanding and learning the app yourself is a great way to get to grips with it. You could then even watch some videos with your child, turning it into a bonding opportunity also.



### LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a relatively safe space for your child to express themselves. However, in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



### MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



## Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



### FAMILY SAFETY MODE

TikTok Family Safety Mode allows parents to link their own TikTok account to their child's. It's a great way to oversee your child's digital wellbeing by giving you direct control over their safety settings and being able to remotely turn features on and off. This includes managing screen time, the ability to send and receive direct messages (and with whom) and the ability to restrict the appearance of content that might not be age appropriate.



SOURCES: [www.tiktok.com](http://www.tiktok.com)

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 09.09.2020



# CORAM'S FIELDS SPORTS PROGRAMME

## TERM TIME

Sep 14th - Oct 23rd 2020

We are delighted to offer FREE sports sessions for children and young people ages 3-19 years

### TUESDAY

NFL Flag Football

4.00-5.00pm

8-12yrs

Coram's FC

Football Training

5.30-6.30pm

12-16yrs

### FRIDAY

Coram's Kickers

11-11.45am

£5 3-4yrs

Friday Football

4-5pm

5-11yrs

SSE Wildcats

Girl's Football

5.15-6.15pm

8-12yrs

13-16yrs

### WEDNESDAY

Round Robin Football

5.00-7.00pm

16-19yrs

PLEASE NOTE..  
ALL SESSIONS WILL NEED  
TO BE PREBOOKED VIA  
EMAIL (SEE BELOW) ONE  
WEEK IN ADVANCE DUE  
TO LIMITED NUMBERS TO  
FOLLOW CURRENT  
GUIDELINES

Coram's Fields and the Harmsworth Memorial Playground, a registered  
Charity in England and Wales - Registered No: 302953; Coram's Fields Company  
Trustee Limited is the Corporate Trust



For more information, please contact Meghann McKeever - Sports Development Officer  
on [meghann.mckeever@coramsfields.org.uk](mailto:meghann.mckeever@coramsfields.org.uk) or 020 33842209

OAK  
FOUNDATION



# In school this week...

Year Two loved using their new sketch books. They practised mark marking from light to dark and then went outside to sketch trees.



## Year 2

Year 6 used watercolour and salt to create a texture in their art work linked to 'Here We Are'. They wrote poems about a night sky to with the artwork too. They have also made chocolate this week as part of their topic launch—some had chilli in and so they played 'Russian Roulette'!

## Year 6







# Year 1

Inspirational [#WordsForTheWorld](#) as part of our whole school back to school project based on the Oliver Jeffers book 'We Are Here' from Year 5 this week!

Inspirational [#WordsForTheWorld](#) as part of our whole school back to school project based on the Oliver Jeffers book 'We Are Here' from Year 5 this week!

IT'S THE  
ONLY ONE  
WE'VE GOT

BE KIND  
TO MOTHER  
EARTH



(Good background)

AND SHE  
WILL  
BE KIND  
TO YOU



Take care of the Earth  
and what lives on it and they will  
take care of you

(Good round  
things)

A hand-drawn illustration of the Earth with a face, arms, and legs, holding a heart. The Earth is depicted with blue oceans and green continents. It has two large, dark eyes with white highlights, a simple curved line for a smile, and a small heart on its chest. Two thin black lines extend from the sides of the Earth, representing arms or legs.



  
 Pollution


  
 No

EVOLUTION → → →



Be grateful for  
What we Have

A hand-drawn sign with a scalloped border. The text inside reads: "WHERE EVER YOU ARE YOU'RE NOT ALONE!". The words are written in different colors: "WHERE" in blue, "EVER" in blue, "YOU" in blue, "ARE" in red, "YOU'RE" in red, "NOT" in red, and "ALONE!" in green.

It's not all about you



and think about others  
and what situation  
there is





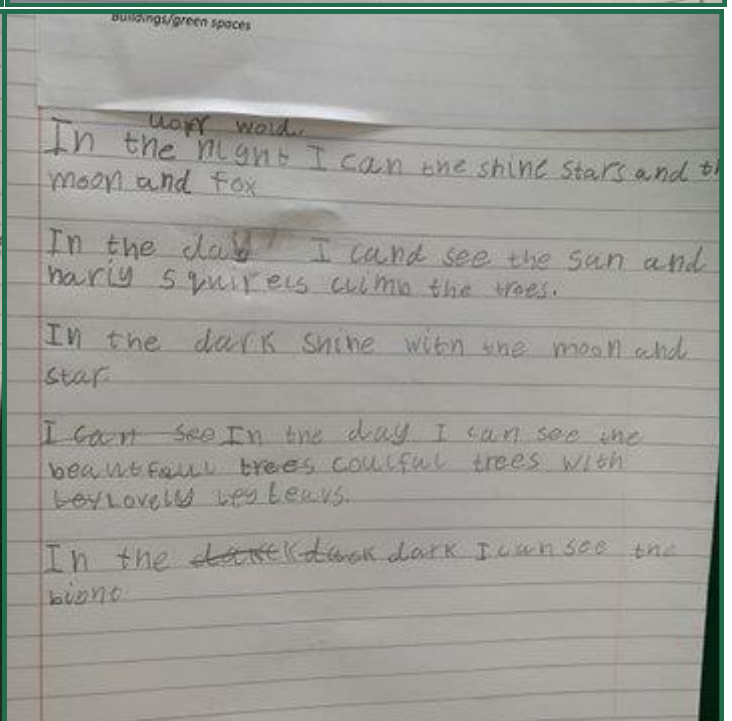
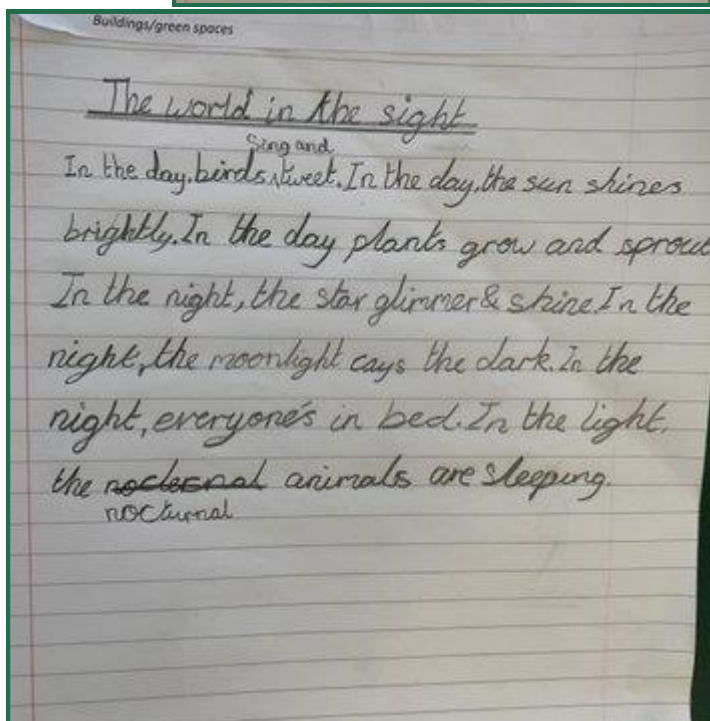
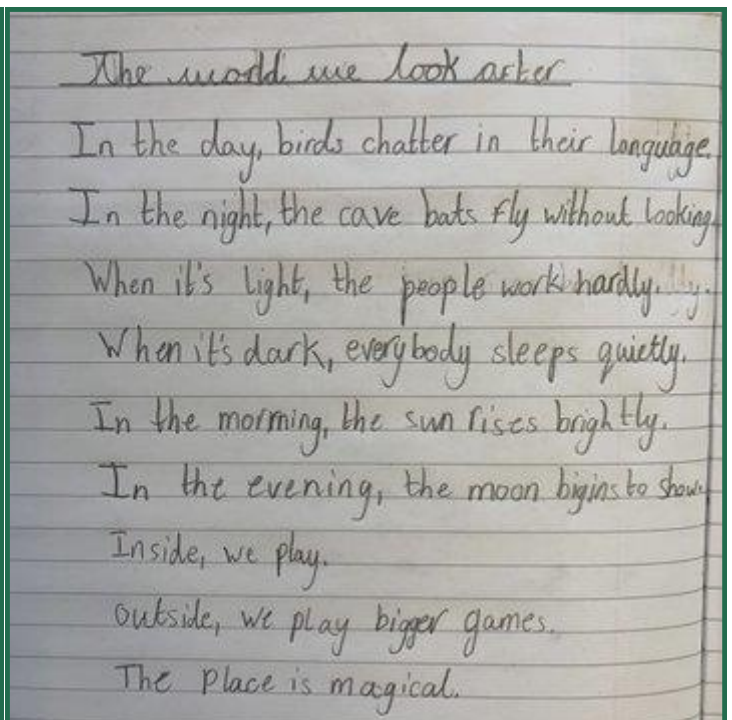
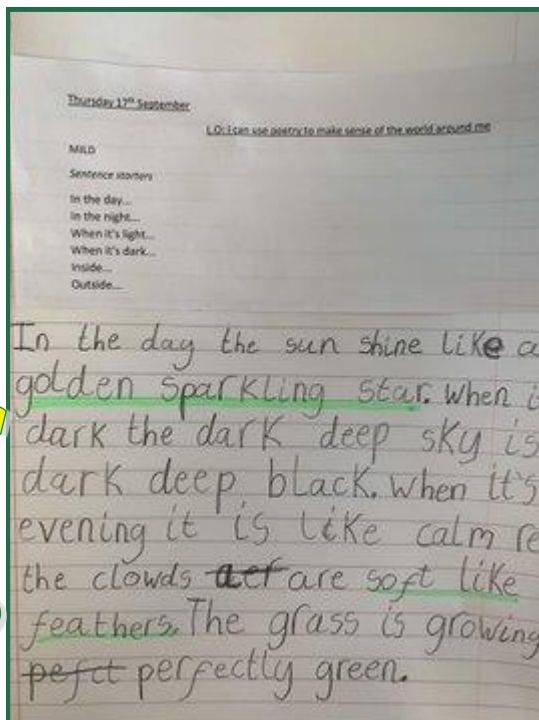
# Reception

Making new friends and seeing old friends in Reception this week!



Year 3 have been continuing with the 'Here We Are' project by writing poems about our world. Here are the poems by Rayn, Hana, Evangeline and Yonis!

# Year 3



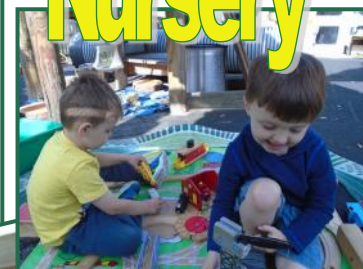


We're loving getting to know our new nursery children and they're loving exploring the outdoor learning environment too!

# Nursery



# Year 4





# Coronavirus: Weekly update from Camden Council

For the latest information and support from Camden Council and its partners, including updates to services:

- Visit [camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus) – includes information in different languages
- Check the rolling newsfeed at [camden.gov.uk/coronavirusnews](https://camden.gov.uk/coronavirusnews)
- Follow Twitter [@CamdenCouncil](https://twitter.com/CamdenCouncil)
- Speak to someone at the Council directly by calling **020 7974 4444 (option 9)**.



**SIGN UP** to the Council's coronavirus e-newsletter for regular service updates, news and support at [camden.gov.uk/coronavirus-updates](https://camden.gov.uk/coronavirus-updates)

## GOT SYMPTOMS? GET TESTED

If you develop coronavirus symptoms, it's important to self-isolate and get tested. Self-isolating means not leaving your home, except to get tested.

**Look out for symptoms:**



New, persistent cough



High temperature



Loss of, or change to, sense of smell or taste

**To book a test, visit [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call 119**

If you're struggling to access a test, keep trying – appointments and test kits should become available throughout the day.

You must get tested within five days of having symptoms. If five days have passed and you haven't been tested, you must isolate for the full 10 days as you may be infectious, and your household will need to isolate for 14 days too.

Please only get a test if you have symptoms – a negative result could give false reassurance, as it takes time for coronavirus to reach levels that a test can detect, and you could also slow down somebody else accessing one.



I know that some residents with coronavirus symptoms have struggled to access a test in the past few days, which is frustrating and worrying. We are calling on the government to urgently fix the situation but, in the meantime, please keep trying to get a test via [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or by calling 119.

Regardless of whether you can access a test though, if you develop symptoms, it's vital that you self-isolate to prevent you passing the virus on to others. I know that self-isolating will be hard for many people, so if you need support, please call us – **020 7974 4444 (option 9)**.

Finally, to those who will be marking the Jewish New Year – Rosh Hashanah – this weekend, I know celebrations will look different this year. I hope you are still able connect with family, even if it means virtually, to enjoy the celebrations safely.

**Councillor Georgia Gould, Leader of Camden Council**

## Get your flu jab this autumn

There has never been a more important time to make sure you, and those you care for, are protected against flu.

If you're over 65, are pregnant, have a long-term health condition, are shielding or living with someone who is, speak to your GP or pharmacist to get the free flu vaccine. Book online with your local pharmacist at [londonflu.co.uk](https://londonflu.co.uk) School-aged children (up to Year 7) will also be offered the vaccine at school, while children aged 2 to 3 will be able to get a free nasal spray from their GP. Find out more at [england.nhs.uk/london/our-work/getting-the-flu-vaccine](https://england.nhs.uk/london/our-work/getting-the-flu-vaccine)

## COVID-19 stories



Christine, who lives in sheltered housing run by Camden Council in Bloomsbury, shares what life has been like during the pandemic:

"I have lost two people to COVID-19. I've tried to live a normal life and come to terms with what has happened, but I'm very sad for everyone."

"I had a lot of offers of help from neighbours, but I thought it was

better for me to keep doing things for myself. My grandchildren stood outside my flat and we talked from a distance. Now I'm back working every Sunday at the Foundling Museum, which is open again.

"In our sheltered scheme we have the best management. They are kind and are here if we need anything, and they check on us three to four times a week. We all work together and it's exactly what I want: I care for you, you care for me."

To find out more about sheltered housing in Camden visit [camden.gov.uk/sheltered-housing](https://camden.gov.uk/sheltered-housing) or call **020 7974 4764**.



## Do you have a story to share?

To help build a picture of the impact of the pandemic on the borough, Camden Council wants to hear your experiences. This will help the Council work towards making Camden a fairer, more equal place to live. Share your story at [camden-covid19stories.commonplace.is](https://camden-covid19stories.commonplace.is)



## Celebrating Rosh Hashanah

Please help keep yourself and your loved ones safe during Rosh Hashanah celebrations:

- While many synagogues remain closed, if you do visit one, wear a face covering, stay a safe distance from others and please follow COVID prevention measures in place.
- You can now only socialise in groups of up to six – including in private homes – so consider using video technology to help you celebrate Rosh Hashanah with family and friends.
- Many synagogues are streaming prayer sessions. If you don't have internet access, you can join a West Central Liberal Synagogue prayer session over the phone – call Rabbi Jackie on **020 8959 3129**.

[camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus) 020 7974 4444 (option 9)

