

THE PAKEMAN PRESS



**Pakeman
Primary
School**

Issue 10, Summer Term

Friday 6th July

Thank you once again for taking the time to read this weekly newsletter. We hope that you will find its contents useful.

Dear Parents/Carers

Staff Leavers

We are really sorry to report that we are losing two members of staff at the end of this term:

Marta undertakes a very long journey every day and is leaving Pakeman to work closer to home. She has done an absolutely amazing job working with Pakeman families during her time here and we will really miss her.

Lorna is leaving for a change of career to work in the area of mindfulness in education. She has been a fantastic teacher and has been instrumental in integrating mindfulness and yoga into our daily routines at Pakeman (see p.2), which has greatly benefited our school community. We will really miss her too. Although we are sad to be saying goodbye to Marta and Lorna, we are sure you will join us in wishing both of them the very best for the future.

Summer Fair

With perfect weather for our Summer Fair on Wednesday it was an afternoon of sun and fun! Needless to say, on such a hot day the barbecue was a huge hit and everyone had a fantastic time taking part in the various games and activities, including penalty shootout, lucky dip, cupcake and biscuit decorating, keyring making, hook a duck, tin alley bowling, water bomb targets, apple bobbing, nail salon, face painting and a double decker bus that housed a sweet shop and shake bar!

A huge thank you to Emma for organising a wonderful event, enjoyed by all.



Parents' Evenings

It was great to see so many parents/carers at our parents' evenings this week and leaving with a smile on their faces too!

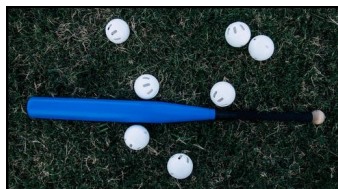
Street Dance

Well done to our Street Dance Club children! For the last few weeks they have been working on choreographing a dance routine to a piece of music they chose themselves called the 5 secrets symphony by Beethoven. Last week the children had dance workshops and showcased their routine at a dance competition and performance in AMSI secondary school's theatre in front of a 3 judge panel, and the parents/carers and friends of children at three primary schools and AMSI. We are delighted to announce that our Street Dance Club received an award for the creativity of their dance. This is the very first dance award that Pakeman has received and we would like to congratulate all our performers and Estelle, our Street Dance Club leader, who has been working with the children during the year on several original dance pieces. On Monday the children performed their routine at our school assembly and they were fantastic!



Rounders Tournament

Well done to our Year 5/6 rounders team who reached the quarter finals of a rounders competition at Paradise Park against other Islington primary schools this week. They played really well together as a team and had a fantastic time.



DATES FOR YOUR DIARY

Tuesday 10th July
Sports Day

Friday 13th July 9-10.30am
Coffee Morning (see p.2)

Friday 20th July
Last day of Summer Term
School closes at 1.30pm for all children.

Please note that there will be NO CLUBS during the last week of term (16th-20th July). Playcentre will be open from Monday 16th to Thursday 19th July. There will be NO PLAYCENTRE on the last day of term (Friday 20th July) when all children are to be collected at 1.30pm.

Monday 3rd September 2018
Tuesday 4th September 2018
INSET days

Wednesday 5th September 2018

Please note that holidays are not authorised during term time. Unauthorised holidays could result in a penalty charge being issued to each parent with parental responsibility.

P4C QUESTION

Discuss this question at home, sharing your thoughts and ideas:

What will always be in fashion no matter how much time passes?

BEST OF THE OSCARS

Collectively, Estelle and Street Dance Club for winning a dance award



Last week's best classes for attendance and punctuality

Year Group	Best Attendance	Most improved Attendance	Best Punctuality
EYFS & KS1	Silver	Green	Crimson & Green
KS2	Orange	Blue	All 3+ lates

Word of the week

Choreograph

Definition: Compose the sequence of steps and moves for a dance routine

Use of the word **choreograph** in a sentence:

With Estelle's help the children choreographed a beautiful routine which won them an award for creativity.

HOLIDAY DATES 2018-2019

Autumn Term

INSET: Monday 3rd September 2018

INSET: Tuesday 4th September 2018

First day of term for children: Wednesday 5th September 2018

Half Term: Monday 22nd October — Friday 26th October 2018

Last day of term: Friday 21st December 2018

Spring Term

First day of term: Monday 7th January 2019

Half Term: Monday 18th February — Friday 22nd February 2019

Last day of term: Friday 5th April 2019

(GOOD FRIDAY 19th April 2018—EASTER MONDAY 22nd April 2019)

Summer Term

First day of term: Tuesday 23rd April 2019

May Day Bank Holiday: Monday 6th May 2019

Spring Bank Holiday: Monday 27th May 2019

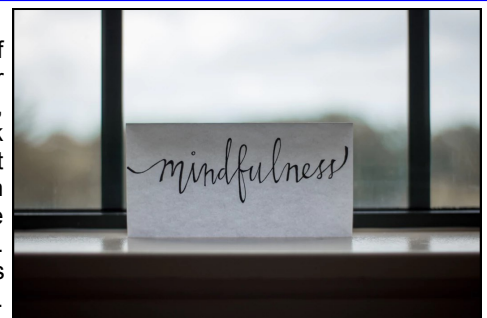
Half Term: Monday 27th May—Friday 31st May 2019

Last day of term: Tuesday 23rd July 2019

PLEASE NOTE THAT 3 MORE INSET DAYS ARE TO BE SET

Integrating Mindfulness and Yoga into the Curriculum

This year we introduced daily mindfulness to all classes, and yoga as part of the PE curriculum, to promote calmness and help the children to regulate their emotions. This initiative, headed by Lorna, has been tremendously successful, with all teaching staff reporting at the end of this year that they think mindfulness benefits the children they teach and that they know what strategies to use when they are feeling stressed or anxious and to regain focus. In addition, teachers state that pupils work through conflict more positively as a result of this project and take responsibility for their actions. One of the resources used is GoNoodle, an online resource that helps teachers and parents get children moving with short interactive activities. Parents have commented that their children use GoNoodle at home and are practising mindfulness activities regularly. One said 'my daughter uses GoNoodle at home when she wants to feel calm'. The children too have made very positive comments, including that 'mindfulness helps me to concentrate and it makes me feel good.' 'Yoga helps to relax your mind. If you feel angry you can use breathing to get it out.' Mindfulness helps you to listen to other people, it helps you with your friends.' 'Using your breath is helpful because if you feel confused it clears your mind. It makes me feel nice.'



Invitation to Pakeman Parents/Carers' Final Coffee Morning of the Year

Our final coffee morning of the year is a Parents/Carers Pamper Morning on Friday 13th July from 9-10.30am in the Lodge. We will have professional make-up tips, henna tattoos, hand massage and plenty more, plus a breakfast corner with lots of delicious things. All are welcome, so come and join us!