

# THE PAKEMAN PRESS



**Pakeman  
Primary School**

Issue 6, Summer Term 2020

Friday 5th June

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

## Dear Parents/Carers

### The Principle of Equality

'Education is the most powerful weapon which you can use to change the world'  
- Nelson Mandela

Pakeman School is proud to be one school .... one community ... one family. We value and support equality of opportunity for all, giving every individual the chance to achieve their potential, free from prejudice and discrimination.

### 5 Top Tips for Getting School Ready after Lockdown

Lockdown has led to many changes, and with most children having been out of school for several weeks it may take time to get back into the swing of school life. To help families get ready for school starting again, Islington's Mental Health Support Team (MHST) has produced an advice and information handout and video. This contains the following 5 top tips:

1. Start scheduling your days like school days, including having increasing amounts of outdoor time.
2. Make a list of the things that need to be done before going back to school, and get your child involved in doing them.
3. Check in with your child about how they are feeling about returning to school and if they have any questions or concerns.
4. Discuss and plan the first morning back to school with your child. This will help them understand what will be happening so they can feel more prepared.
5. Think back on the time in lockdown and things to look forward to and get excited about now.

The MHST's handout containing more details on these 5 top tips can be found on our website at:

<https://www.pakemanprimary.co.uk/news/getting-children-school-ready-after-lockdown/>

You can also watch the MHST's video at:

<https://www.youtube.com/watch?v=XpYdYr9GX0k>

## First News

First News is a weekly UK newspaper for young readers. It contains current news written in a child-friendly way. This week's edition contains lots of useful information about COVID-19, including returning to school, that may be useful for your child. [https://schools.firstnews.co.uk/wp-content/uploads/sites/3/2020/05/FIRSTNEWS\\_728.pdf](https://schools.firstnews.co.uk/wp-content/uploads/sites/3/2020/05/FIRSTNEWS_728.pdf)

## Summer Reading Challenge

Children aged 4–11 can sign up at <https://summerreadingchallenge.org.uk/> for this year's exciting Summer Reading Challenge, which was launched this week and will run until September.

Children taking part in the Challenge will join the Silly Squad, an adventurous team of animals who love to have a laugh and get enjoyment out of all kinds of funny books, celebrating happiness and laughter, that will build children's skills and confidence.

This year, due to COVID-19, the Challenge is being delivered online, with the support of public libraries using virtual services and e-lending platforms, to keep children reading over the summer. It is free to join and includes games and quizzes, as well as digital and downloadable activities to encourage children and their families to take part in reading related activities at home.



## Word of the week

### Equality

**Definition:** A situation in which people of different races, colours, religions etc are all treated fairly and have the same opportunities

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

We want to see equality for all people throughout the world.

**A message from the school's therapists – Rachael and Sophie**

### A note on well-being

The current situation in which some children are going back to school and some are not may be a cause of stress for some members of the family. We have a few tips below, which we hope will be helpful.

**For children:** In anxious moments this clip on breathing from GoNoodle can be a wonderful way to calm down (3 mins 37 secs): <https://www.youtube.com/watch?v=FTzXFPh6CPI>

**For families: Finish the sentence game.** The whole family can take it in turns to finish this sentence: "When I'm worried I..." Share ideas that help you calm down when feeling anxious or worried. Try not to judge each other's responses. This is a wonderful game because it helps build resilience and creates a wonderful connecting moment where everyone feels valued in what they have to share. You could play a few rounds of this game.

**For parents:** If you need support with stress the mental health charity **Mind** have [a page](#) on their website that includes some [helpful techniques](#).

We wish you all well.

## Safeguarding

Pakeman Primary School is committed to safeguarding, child protection and promoting the welfare of children and young people. The full Safeguarding and Child Protection Policy is on our website at:

[www.pakemanprimary.co.uk/school-info/school-policies/](https://www.pakemanprimary.co.uk/school-info/school-policies/)

## P4C QUESTION

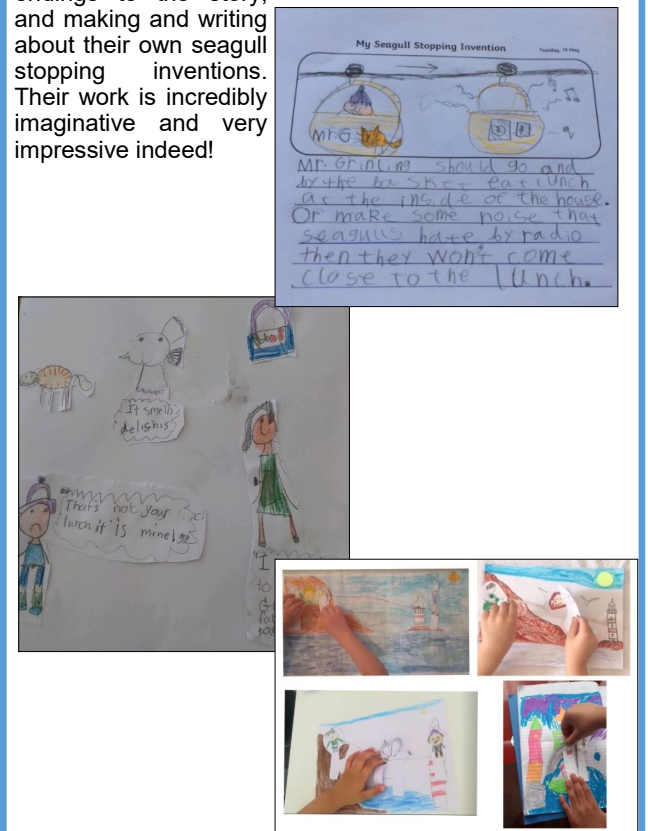
**Why is equality such an important principle? How do you uphold this principle in the way you treat others?**

## A Focus on Literacy

**EYFS:** Children love fairy tales, and this week EYFS have been reading some wonderful stories from this genre. In Nursery, the children read *The Gingerbread Man* and made gingerbread man models while Reception read *Goldilocks and the Three Bears* and made their own zig-zag storybooks about the characters in the story. Amazing work!



**Years 1/2:** The children's literacy work has been focusing on the book *'The Lighthouse Keeper's Lunch'*, a lovely story about a lighthouse keeper whose lunch keeps getting stolen by greedy seagulls. The children's activities have included making storyboards, writing their own endings to the story, and making and writing about their own seagull stopping inventions. Their work is incredibly imaginative and very impressive indeed!



**Years 3/4:** As part of the Writing Through Art project the children studied a self-portrait by the artist Rembrandt that he painted near the end of his life reflecting how he felt at that time. The children imagined how he felt and wrote diary entries based on this. They also created their own self-portraits. Aren't they fantastic? Can you recognise who they are?



**Years 5/6:** Based on the book *'Kensuke's Kingdom'* by Michael Morpurgo, children wrote their own 'message in a bottle', pretending to be Michael stranded on a desert island. They used tea bags to make the paper look old and found an old bottle to keep their message in. They look so realistic!

