

THE PAKEMAN PRESS



Pakeman
Primary
School

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

Issue 1 Autumn Term 2020

Friday 11th September

Welcome Back



A warm welcome back to everyone returning to Pakeman School and a particularly big welcome to our new children, parents/carers and staff. The start of the new term has been a very successful one. The children have settled well into their new classes and are enjoying being back in the school environment. Our children have been away from school for a long time. Our main priority is to settle them back in and to ensure they feel safe and happy. Over the next half term our focus will be on supporting them through:

- building relationships with staff and other children
- having time to reflect on their own experiences
- re-establishing school routines and expectations
- focusing on reading and key skills in maths
- Building confidence and self esteem

Covid Measures

Although school is very much the same in some respects, we have introduced lots of necessary new safety procedures to reduce risk:

- One way systems on the stairs
- More handwashing
- Extra cleaning
- Consistent grouping of children for learning and play
- Hand sanitisers all around the building
- Staggered timings for lunch and play

We will continue to review these procedures and make necessary improvements. Thank you for your continued support in helping to keep our children, parents and staff safe. **PLEASE REMEMBER TO SOCIAL DISTANCE IN THE PLAY-GROUNDS.**

Messages

Please note messages/letters from school will be sent in 2 ways:

- ◇ Texts (Teachers 2 Parents)
- ◇ Class Dojo

This is to make sure that all class messages get through.

Please contact the school office if you are not receiving messages so that we can check if we have up to date contact information.

New Staff

We have been joined by 5 new members of staff:

- * Tamanna Begum
Gold Class Teacher
- * Stevie Barrows
Green Class Teacher
- * Bex Woolcott
TA in Red Class
- * Marcia Harris
Child & Family Support Worker
- * Arlene Scott
Comms, Fundraising & Wellbeing



DATES FOR YOUR DIARY

Half term:

Monday 26 Oct—Fri 30 Oct

Last Day of Term:

Friday 18th December

First day back at school for children:

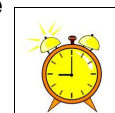
Monday 4th January 2021

Please note:

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

Attendance

We have had such a fantastic start to our new autumn term with a great **97% attendance** across the school. Well done! Keep up the good work.



P4C QUESTION

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

Would you rather be as big as an elephant or as small as a mouse?

STARS OF THE WEEK

To all of our children for settling back into school so beautifully.



PE

PLEASE NOTE THAT CHILDREN NOW NEED TO COME INTO SCHOOL WEARING PE CLOTHES ON THEIR PE DAYS AS WE HAVE NO CHANGING FACILITIES DUE TO SOCIAL DISTANCING.



PE Timetable

	Mon	Tues	Wed	Thurs	Fri
AM			EYFS	5/6	1/2 3/4
PM	3/4	5/6	1/2		



Word of the week

OPTIMISTIC

Definition: Someone who is optimistic is hopeful about the future or the success of something in particular.

Use of the word *optimistic* in a sentence:

Lynne was very optimistic that the children at Pakeman would follow the new school rules successfully.

Purchasing School Uniform

Pakeman is a uniform school. Children are expected to wear the correct uniform at all times. If you need school uniform you can buy online from our supplier using the following link (which can also be accessed on our school website) <http://www.schooluniformscotland.com/pakeman-primary/b33>

School polo shirts (£8 each) sweatshirts (£10 each) and fleeces (£15 each)

School bags (£4 each) are available from the school office.

All other items can be bought from a store of your choice. Please note that plain blue polo shirts, sweatshirts and fleeces are NOT correct uniform.

Boys

- A blue Pakeman polo shirt and blue Pakeman sweatshirt with the school logo
- A blue Pakeman fleece with the school logo is also available
- Grey or black trousers (shorts in the summer - optional)
- If shorts are worn, grey or black socks
- Appropriate footwear – trainers are fine, but no flip flops or shoes with wheels

Girls

- A blue Pakeman polo shirt and blue Pakeman sweatshirt with the school logo
- A blue Pakeman fleece with the school logo is also available
- Grey or black skirt or trousers
- If a skirt is worn, grey or black tights or socks
- Grey or black leggings may be worn under a skirt (but not on their own)
- Appropriate footwear – trainers are fine, but no flip flops or shoes with wheels
- If a hijab is worn, it must be grey or black
- Blue and white gingham dress in the summer (optional)

All children

- Pakeman school bag

PE Kit:

- ◇ Plain white T-shirt
- ◇ Black Shorts or black tracksuit bottoms
- ◇ Trainers/plimsolls
- ◇ Tracksuit for cold weather (optional)



Year 5 and 6 School Journey

Sadly we have had to cancel school journey in the autumn term. Money paid will be refunded in the next two weeks. The good news is that we are planning a new school journey for the summer term. More details to follow soon.



Extended School Provision

We are now offering breakfast club and playcentre provision for working parents and those parents who are studying. Extended school will run as follows:

- Provision will be in the middle hall
- Children will be kept in separate phases/groups—the same as they in during the school day
- Breakfast club will run from 8am in the morning
- Playcentre provision will run from the end of school until 5.30pm
- There will be a range of activities on offer e.g. arts, crafts, construction, reading. There will also be some timetabled sports



Please contact the school office for more information. Places are limited.

Marcia Harris

I am the Child and Family Support Worker in school (Natalie's old role) and I am based in the Rainbow Room. I would like to help you with any worries that you have, especially in relation to your child's education, behaviour and well being.

My role in school is to provide support, advice and information. I am here to help families and carers to overcome barriers to their children's learning. I can help with a range of things including:

- Providing support and guidance to parents and carers
- Signposting how and where parents and carers can get support
- Working with pupils to improve self esteem and build confidence
- Liaising with external services such as housing and Social Care
- Giving advice and support in promoting positive behaviour at home



I will be in the playground every morning and afternoon, please feel free to come and have a chat or ring the school office to make an appointment.

Importance Of Good Food

Breakfast

This is a very important meal. You've probably heard that before, but want to know why?

After going 10 - 12 hours overnight without food, your energy reserves are low. Your body and brain now need fuel! Children need that fuel to focus on their learning so please help by making sure they have eaten before they come to school.



Lunch

Please note hot lunches are now being served to all children.

Returning to school

Helping children feel confident about returning to school is really important, especially after such a long absence. Below is a video workshop produced by Islington Schools Wellbeing Service. It has some ideas and strategies which might be useful.

<https://www.youtube.com/watch?v=uJxtMZz5KwI>

Safeguarding

Pakeman Primary School is committed to safeguarding, child protection and promoting the welfare of children and young people.

The **Safeguarding and Child Protection Policy** is on our website at:

www.pakemanprimary.co.uk/school-info/school-policies/.

A hard copy of the policy may also be obtained from the school office.

Why not try Marcia's new breakfast recipe?

PAKEMAN OVER NIGHT OATS For busy mornings!

Overnight oats are a quick and easy breakfast or snack made by soaking rolled oats in liquid overnight. They're simple to prepare (no cooking required!) and perfect for when you need a make-ahead breakfast or snack, especially for those with hectic mornings.

1/2 cup oats
1/2 cup of milk or sub other dairy-free milks
2 Tbsp natural salted peanut butter
1 Tbsp maple syrup, honey or brown sugar

In a jar or small bowl with a lid, add milk, peanut butter, and maple syrup (or other sweetener) and stir with a spoon to combine. The peanut butter doesn't need to be completely mixed with the almond milk (doing so leaves swirls of peanut butter to enjoy the next day). Add oats and stir a few more times.

Then press down with a spoon to ensure all oats have been moistened and are immersed in almond milk. Cover securely with a lid or seal and set in the refrigerator overnight (or for at least 6 hours) to set/soak. The next day, open and enjoy as is or garnish with desired toppings (see options above)

OPTIONAL: You can also heat your oats in the microwave for 45-60 seconds (just ensure there's enough room at the top of your jar to allow for expansion and prevent overflow), or transfer oats to a saucepan and heat over medium heat until warmed through. Add more liquid as needed if oats get too thick/dry.

Overnight oats will keep in the refrigerator for 2-3 days, though best within the first 12-24 hours

Flavour ideas

Using our formula as a base, the possibilities for overnight oat flavor variations are endless!

Peanut butter + chocolate
Topped with sliced Apples and Cinnamon
Coconut
Yogurt +
Nutella
Banana Cashew
Honey

