

# PAKEMAN PRIMARY

# WELL-BEING

## SPECIAL EDITION NEWSLETTER

November 2020



### MENTAL HEALTH AND WELL-BEING

Here at Pakeman we aim to promote positive mental health and well-being for every member of our school community. We strive to make our school a happy place to learn and always look for ways to help our children to become happy and healthy adults. We make sure that children participate in a wide variety of activities that encourage them to reflect on their own well-being and that of others. We plan to extend this provision by incorporating termly dedicated Health and Well-being days into our planning in the future.

Our parents and carers are important to us. We communicate with them regularly through our weekly newsletters and Class Dojo. Weekly coffee mornings are also being set up this term. This gives us confidence that Pakeman parents and carers have up to date access to important school well-being information, relevant local services and other community initiatives.

Our well being approach also recognises the importance of maintaining staff well-being. Despite recent Covid limitations, we continue to train and support our staff so that they are happy, positive and best equipped to enjoy their role as part of our Pakeman community.

### WELL-BEING AWARD

This year, we continue to work towards our Well-being Award for Schools. This award will confirm that mental health and well-being sit at the heart of our school life for our children, staff and parents. We would love to hear your views on our current provision and, once again, will be asking for your support in completing a parent survey. This will provide us with information to support the planning of our next steps.



Without a sense of caring, there can be no sense of community.

*Anthony J. D'Angelo*



## IS YOUR CHILD WORRIED?

Every child will worry about things from time to time. If your child is struggling or worried the important thing is to recognise there is a problem and to work together with the school to get the right support as soon as you can. There are also helpful organisations you can contact.

## USEFUL CONTACTS

**YOUNGmINDS**

Call the Parents Helpline: 0808 802 5544  
(Monday to Friday 9.30am - 4pm, free calls)



Help for adults concerned about a child  
Call us on 0808 800 5000

**ChildLine**  
0800 1111

Whatever the worry, it's important to talk to your child. Let them know someone is listening. Encourage your child to talk to you or another trusted adult about how they feel.



## BBC CHILDREN IN NEED

We were delighted when we were successful in obtaining some funding from BBC Children In Need to support our well-being work. Every child in school received their own Well-being Pack.

Teachers used the book, 'The Huge Bag Of Worries', in class as a prompt for some great well-being activities developed by our art therapists. Children could then take the book home so that parents and carers could share the story and use it as a prompt to talk about any worries children may have.

## A WORLD OF WORRY DOLLS

Many of our children did some work on worries and emotional well-being. They read 'Silly Billy', which is a story about a young boy who worries about lots of different things. He overcomes his fears by sharing his feelings with a worry doll given to him by his grandma. The children then made their own worry dolls.



### Did you know? ...

Worry dolls are small, hand-made dolls that originate from Guatemala. According to legend, Guatemalan children tell their worries to the Worry Dolls, placing them under their pillow when they go to bed at night. By morning the dolls have gifted them with the wisdom and knowledge to remove their worries.





## PAKEMAN BEAR

Pakeman Bear is always busy at Pakeman but his current mission is to help to make our world a happier and kinder place. He believes that one act of kindness often leads to many more and that when we are kind it is good for our own emotional well-being. Every day, Pakeman Bear visits key stage 1 classes to look out for children being kind to each other. When he spots kind behaviour he hands out one of his special certificates.

## READING WITH PIPPA

Our four legged friend, Pippa, is very lucky because some children are very kind and regularly read stories to her. This helps Pippa to relax after her long walks in the park. Sometimes the children read so calmly and beautifully Pippa drifts off into a little snooze. Reading stories to one another is a very kind and comforting thing to do and something we really encourage.



## RANDOM ACTS OF KINDNESS

Many of us have heard the expression "it is better to give than to receive" but did you know this is backed up by research? Research indicates that people who are kind and compassionate see clear benefits to their emotional wellbeing and happiness. At Pakeman we encourage children to understand the benefits of being kind to others and to realise that we can feel good about ourselves when we are being kind. The more you do for others, the more you do for yourself.



## LYNNE'S LEGACY

For fifteen years at the helm of Pakeman Lynne has sprinkled kindness over her staff and children like stardust. As she moves on to pastures new, let the Pakeman family she has worked so passionately to bring together, continue to spread the message that kind words and simple acts of kindness really do make a difference.





GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!

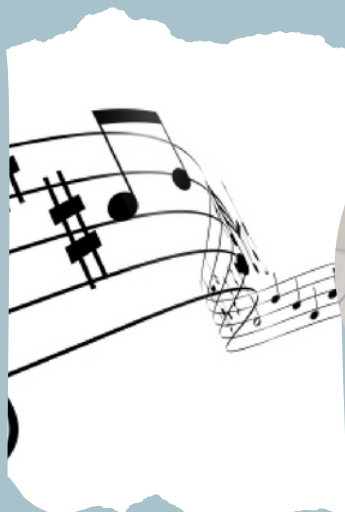
## BE MINDFUL

In Key Stage 2 some children have been taking time to practise mindfulness each day.

Mindfulness means taking the time to slow down and really notice what you are doing. Being mindful is the opposite of rushing. They have spent time focusing on creating some artwork and have been using Go Noodle.



## RELAX WITH MUSIC

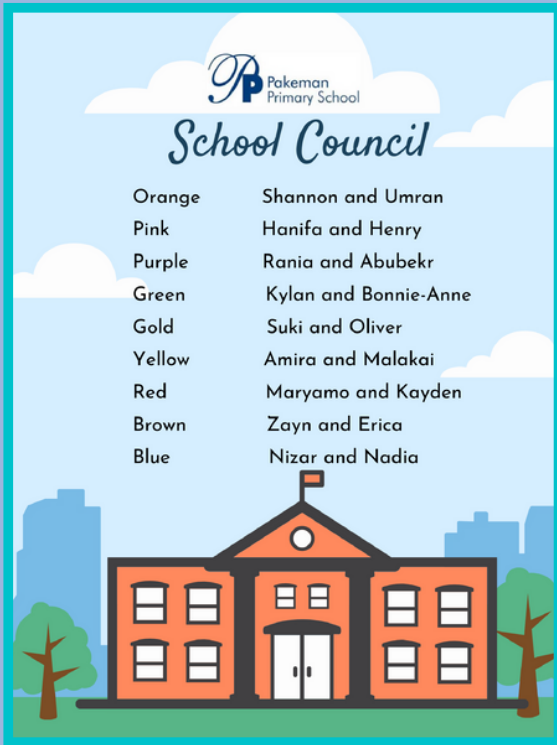


Our years 1 and 2 classes have been finding ways to relax to classical music by Mozart. They did some lovely painting and drawing as they listened. Relaxing videos have been created by them and uploaded onto our Pakeman website. Make sure you take time out to relax by going onto the website to share their creations.

## RELAX TOGETHER

Some of our years 3 and 4 children spend sessions thinking about the importance of working calmly together as a team to create things. One tasty task involved harvesting rosemary from the school gardens and using it to make some delicious Rosemary Soda Bread.





# SCHOOL COUNCIL

At Pakeman we believe that pupil voice is really important and that children should have an active role in their education and schooling. Being a member of the our school council promotes self esteem and gives children a great opportunity to learn many important skills relating to decision making and communication.

Issues for discussion are decided in regular council meetings and taken back to class, by the reps, for further discussion. So far, the debates have centred around how best to use space in the playground and in the dining hall. Social distancing has meant we have had to think differently as a school and we welcome the children's views to help us find the best solutions.

## KEEPING FIT WITH THE PAKEMAN MILE

This year, Pakeman children began running the daily mile. Restrictions to our normal indoor PE sessions meant that, more than ever, we should be thinking of new ways to keep up our fitness. After lockdown it was a great way of us being together and helping us to restore our fitness, outdoors in the fresh air. The Daily Mile is a national initiative that encourages people to walk or run for 15 minutes daily to improve their physical, social, emotional and mental health. We are now one of 11,822 schools currently taking part across 79 countries. The children run their mile around the playground.



"I love to run and want to inspire others to run too. Therefore, I am proud to be a Daily Mile Ambassador. I encourage schools to join The Daily Mile community, so together we can make this world a running world."  
 Eliud Kipchoge, Global Ambassador for The Daily Mile

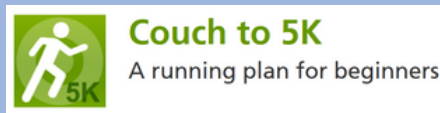


### DO YOU WANT TO GET FIT?

Why not take a look at these websites and get running!



<https://thedailymile.co.uk/>



<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

# GARDENING CLUB

Pakeman Primary have their very own Gardening Club, The Rainbow Gardeners. School has already received the RHS level one and level two gardening awards and are currently working hard towards level three. Each week, a head gardener is chosen by the team to decide what tasks are needed and who will carry them out.

Rainbow Gardeners recently planted Pakeman's first crop of vegetables for this season. Gardening has proved to be so popular that the team now enlist the help from a keen group of daily lunchtime volunteers to carry out some of the many gardening tasks.



# PAKEMAN SUPPORT

This term has been an extraordinary one for all of us. At Pakeman, we came together, as a strong community, to make sure our children were safely settled back into their school environment after such a long period away.

To welcome children back staff worked with them on a topic of Hope. We felt it was important to provide a sense of optimism, to show that we could adapt to a new normal and still feel happy and safe in school. We gave staff and children time to reflect on their own experiences of the pandemic and this has been very helpful to us all. It has enabled us to find ways to offer support and to rebuild confidence and self esteem in children where this was needed.

Our Inclusion Team has a great working relationship with Islington CAMHS team and Islington Education. They continue to be available to offer a listening ear and provide guidance and support to parents who have worries and concerns. If you need community support please contact Marcia Harris, our Family Liaison Lead. You will find her in the school playground or you can contact her via the school office.

