

# A PAKEMAN PRESS SPECIAL EDITION



Pakeman  
Primary  
School

This is an extended newsletter special. We hope you will find its contents useful. Thank you for taking the time to read it.

Issue 5 Spring Term 2021

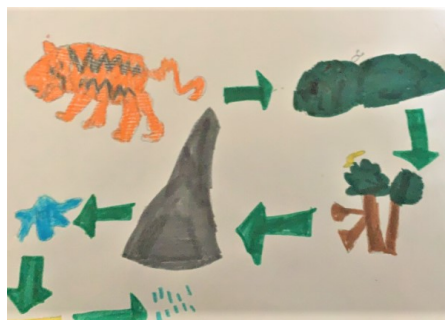
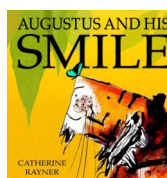
Friday 5th February 2021

## Children's Mental Health and National Story Telling Week

Children's Mental Health Week and Story Telling Week have taken place this week. Many lessons have been focusing on different ways to share our thoughts and feelings. In this newsletter, we would like to both share some of the children's amazing work with you and provide you with lots of useful links. Many links demonstrate ways to do lovely things with your children at home during this period of lockdown. Ideas include reading and listening to stories and other simple ways to have fun and be creative. All of our signposts are positive ways to support and manage your child's mental health and well-being. We also highlight ways to get support if needed. Hopefully, you will find our links and tips helpful.

### Years 1 and 2 - Story Boards

In years 1 and 2 children have been thinking about the importance of smiling through the story *Augustus And His Smile*. This story is about a tiger, who is sad, because he has lost his smile. He goes on a journey to find it. Only when it begins to rain and a puddle forms does he find his smile staring back from his reflection, and he realises that he will always have his smile, whenever he is happy. Here are some of their story boards:



If you'd like to hear the author reading this story please click on the link:



[Augustus And His Smile](#)



Don't cry because it's over. Smile because it happened.

DR. SEUSS

### Free Magazine For Parents



Family First magazine is packed full of information to help keep children learning and entertained during lockdown. You might find some ideas to do at home. Please click on the link:

[Family First - Issue 7](#)

### STARS OF THE WEEK



Stars of the Week this week are our fantastic Pakeman teaching staff. They've come up with some wonderful ideas to celebrate Children's Mental Health Week and to make our Pakeman community aware of how important it is to look after our mental health.

Well done superstars!



## Year 3 - It's Good To Talk



In year 3 children have been talking about their strengths and interests and how important it is to keep a strong mind. They used recycled maps and papers to record what might be going on in their minds.



## The Importance Of Talking



As parents, we all want our children to have the best possible start in life. Encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up. It's important that our children understand that emotions are normal, and that they have the confidence to ask for support if they are struggling.

The Anna Freud Centre have created a booklet which could be useful if you need support to talk to your child about mental health: [You're never too young to talk](#)

## How Can School Help?

If any parents, carers or children wish to chat to one of our in-school therapists, Rachel and Nerissa, are happy to discuss any issues you're feeling with regard to mental health and well-being.

Rachel is available Mondays and Tuesdays.

Nerissa is available Wednesdays and Thursdays.



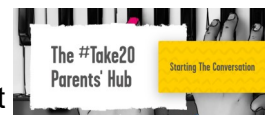
For other family concerns that you need support with, please ask Tracey or Marcia to get in touch.

If you would like any of this team to give you a call please let the office know and they can arrange this for you. Tel: 020 7607 2575

## YOUNGMINDS

The Young Minds Parents Helpline Team share ideas you can do with your child in self-isolation. They give tips on how you can use this time to talk with them about their mental health.

### Take 20 initiative



Talking to your child about how they're feeling can be hard. By taking 20 minutes with them to do an activity you'll both enjoy, you'll create a relaxed space to start that conversation.

[The #Take20 Parents' Hub: 20 Activities in 20 Minutes \(youngminds.org.uk\)](https://www.youngminds.org.uk)

Parents Helpline: 0808 802 5544

### IT'S OK TO FEEL:



EVERYBODY FEELS THAT WAY SOMETIMES.

WE DON'T LIKE IT, BUT IT DOESN'T MAKE US WEAK. IT MAKES US

# HUMAN.

AND IT HELPS TO TALK ABOUT IT.

## Young Readers Story Club - Exploring Stories Together

The Young Readers Story Club offers a great collection of short films with storytellers, poets, writers and illustrators telling exciting stories. The stories explore many themes such as friendship, self esteem, togetherness and many more. As an introduction to this story club, we have included two stories about togetherness - *Ghecko the lizard* and *The Two Brothers*.

Click the link to enjoy: [Stories about Togetherness](#)

For more great story club resources try this link: <https://literacytrust.org.uk/programmes/young-readers-programme/young-readers-story-club/>



## Podcasts



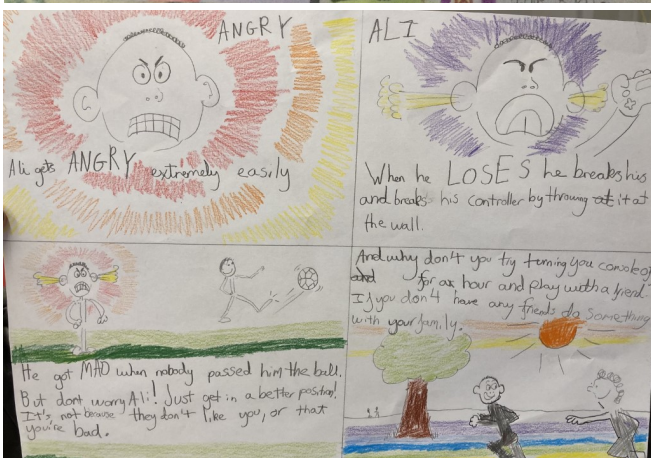
Listening to radio podcasts can be a great way for parents and carers to enjoy listening and learning with children at home. Podcasts can also open up a range of different topics for children and help reluctant or struggling readers with their learning. They're also a great support to parents and carers who may not be confident readers themselves.

**FunKids** radio have recently launched a new podcast series for 7 - 11 year olds. If you feel like listening to some discussions between popular authors and children about stories they love click here: <https://www.funkidslive.com/podcasts/>



## Creating Short Stories - Years 5 and 6

Years 5 and 6 have been busy creating some short stories. They wrote their own version based on the story 'Silly Billy'. The children created a main character with a problem (scared, anxious, lonely, angry) and found a way of helping them. Zoom in to take a closer look at this great work.



Children's story books address many emotional, behavioural and learning challenges that children face. If you're looking for a story book about any specific issue and need some help with this please contact school. Hopefully someone will be able to help.

## Nursery - Puppet Fun

Puppets provide a lovely sense of security for many children. They can often make it easier for children to express thoughts and feelings that they might not otherwise feel comfortable sharing. Talking through a puppet allows children to explore feelings freely and to re-enact situations in a way that they are familiar with. This week the Nursery children have been learning about emotions and have made some lovely puppets. They've been having great fun playing with them too.



## Mistakes Happen

Years 1 and 2 were given an unusual task this week. They were asked to spill, smear, smudge or tear some paper. Then they had to turn it into an animal or something else. The idea was inspired by the book *'Beautiful Oops'* by Barney Saltzberg. The notion is to get us thinking that we all make mistakes and it's ok to do so. When we do, it can be an opportunity to learn something new. Why don't you watch Barney's fun video clip: [Beautiful Oops](#)



## Everybody Makes Mistakes

If your child is in Nursery or Reception there's a fun song to introduce your child to which is all about making mistakes and knowing that this is something that everybody does. [CBeebies Kazoos Song: Mistakes](#)





## EYFS - Artist Of The Week

In Reception the children have been doing beautiful artwork based on a painting by a different artist each week. This work was based on [Renoir's](#) painting 'The Wave'.

Experts say that one good way to help your mental health while you're at home is to create some art. Studies have found that doing some form of artistic activity improves your well-being and feelings of self-worth. It relieves symptoms of anxiety and reduces stress. Art can often help children to express feelings they might not have words for.



## Be Creative At Home - Useful Resources

**Place2Be** is a children's mental health charity. They provide mental health support in schools through one-to-one and group counselling. During lockdown they have created a series of **free projects for children** to make at home. These creative projects can help adults and children to nurture their relationship whilst having fun making art together.



For resources click this link: [Place2Be - The Art Room](#)

Enquiries: [020 7923 5500](tel:02079235500) Email: [enquiries@place2be.org.uk](mailto:enquiries@place2be.org.uk)



Improving children's mental health

**Childline** have also created the **CHILDLINE TOOLBOX**

Click here: <https://www.childline.org.uk/toolbox/>



If your child is feeling overwhelmed or anxious, try some of their brilliant calming activities to help let go of worries.

You can also visit [The Calm zone](#)

Call Childline: [0800 1111](tel:08001111)



## Express Yourself

Years 5 and 6 have been exploring ways to express themselves using a range of creative techniques. If you want ideas on how to express yourself in your self portrait visit **The Tate**: [Create Art Like Van Gogh – Paint and Draw | Tate Kids](#)



## Mindfulness - The Parent House

The Parent House has started Mindfulness sessions for Islington parents. (Children can join too).

Sessions alternate with Meditation, Reflexology and Aromatherapy. This Wednesday will be Aromatherapy with Denise. No need to register, just follow the link below.

**Sessions begin at 2.00pm. Parents can join in 1.55pm.**

<https://zoom.us/j/96335885759?pwd=UWdMMEI5OTVDMkM4WGNpeTRBTDIldz09>

**For more information please contact Miriam 0207 837 1383**



**Mindfulness Workshops**

Why not join us for some lovely meditation, reflexology and aromatherapy sessions online,  
Every Wed from 2pm - 2.45pm

To take part please join this zoom link for a prompt start at 2pm.  
<https://zoom.us/j/96335885759?pwd=UWdMMEI5OTVDMkM4WGNpeTRBTDIldz09>

(Click on this link to join and follow the instructions to launch the meeting)

For more information, please contact Miriam on  
[miriam@theparenthouse.co.uk](mailto:miriam@theparenthouse.co.uk) or 0207 837 1383

The Parent House

## Well-being Kits - Thrive

**Thrive** is a leading provider of support for children's social and emotional development. They have many free online well-being ideas with fun things for parents, carers and children to do at home.

[Thrive Well-being Kit for up to age 7](#)

[Thrive Well-being Kit for up to age 11](#)



## Get Creative - Pakeman Puppet Making Competition

We know that being creative can help our mental health. It helps us to relax when we focus our minds on something fun. As part of Children's Mental Health Week we are running our very own Pakeman puppet making competition. To take part, all you have to do is make a puppet of any sort. Then take a picture of it and post it on Class Dojo by **Wednesday, 10th February**. 3 winners will be announced in next week's newsletter. So why don't you try to do something good for your mental health this weekend and get creative? Happy puppet making!



## Family Kitchen - Cook And Chat

Another way we can get creative and relax with our children is in the kitchen. Cooking together can be a really lovely way to relax and chat together. Last week some families joined in with Marcia's Family Kitchen and made delicious looking veggie burgers and potatoes wedges.

If you would like to find out more about Marcia's Family Kitchen please contact Marcia for information about possible sessions which might take place in the future. [mharris@pakeman.islington.sch.uk](mailto:mharris@pakeman.islington.sch.uk)



## Islington Faiths Forum - Competition

If you're looking for another fun way to relax and get creative this weekend then why don't you take part in the Islington Faiths Forum Competition?

Islington Faiths Forum have invited us to create artwork for their 2021-2022 inter faith calendar. The theme is **"One Planet, Many Faiths"**.

Your task is to draw and decorate a picture for the calendar.

Here is a link to the current calendar so that you can see examples of the artwork:

[http://www.pakemanprimary.co.uk/wp-content/uploads/2021/02/IFF-Calendar-2020-2021\\_Final.pdf](http://www.pakemanprimary.co.uk/wp-content/uploads/2021/02/IFF-Calendar-2020-2021_Final.pdf)

**Remember to make yours different!**

### Tips:

1. Turn your paper so that it is wider than it is tall (this is called landscape).
2. Think about the theme before you start drawing, painting or collaging.
3. Make it bright and clear.
4. Be brave - turn your mistakes into something beautiful!
5. Remember to use neat writing if you are including words.

### Note for Parents and Carers:

You can share a photo or a scan of the artwork to your child's portfolio.

### Tips for photographs:

Take a photo of the artwork from directly above (flat on, not at an angle).  
Send the full version/highest resolution.

### Tips for scanning:

If you are using your printer/scanner at home, work on A4 size and landscape orientation so you can scan it easily. Scan it at 300dpi in colour (JPG, PDF are both fine).



"One Planet, Many Faiths"

We thank all the Islington Schools who participated in creating these beautiful calendar pictures

# 2020-2021

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## Good Luck!