

# THE PAKEMAN PRESS



**Pakeman  
Primary  
School**

Issue 10 Summer Term

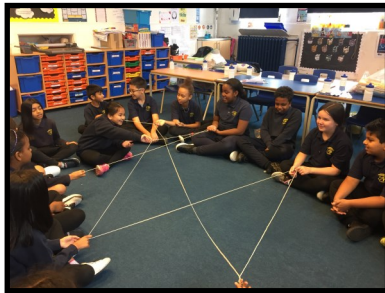
Friday 9th July 2021

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

## Well-being Day

Well-being Day was celebrated across the school on Tuesday in many different, lovely ways.

Years 5 and 6 did some sketching of their own hands and then tried sculpting their hands out of clay. They wanted to represent how our hands show gestures of greeting and friendship.



Some children in years 3 and 4 wrote, directed and starred in movies about friendships. They also did kindness activities such as this 'web of kindness'.

Years 1 and 2 children did a range of things including a 'proud cloud' and writing staff appreciation letters. They also held a talent show so all the children could appreciate each other's amazing talents. EYFS children spent the day doing lots of different calming activities, including jewellery making and taking part in a fun danceathon.

In addition to the individual class well-being activities held throughout the day, all children did a gardening session with Marcia. Every child was given the opportunity to plant their own sunflower seed. There is a lot of evidence to say that gardening is an effective activity for improving our wellbeing and mental health. Hopefully, our sunflowers will germinate in 14 days and bloom in three months.



In an act of kindness, our Pakeman gardeners spent their gardening session on Monday evening preparing the front garden in readiness for all the sunflowers. A really big thank you to Marcia. Also, huge thanks to James for arranging our Pakeman Well-being Day.

## Important Dates:

**Last day of term**

Wed 21st July - 1.30pm



Hoxton Hall Youth Arts and Participation Team is offering a range of activities to provide some summer fun over the holidays. Activities include:

- Filmmaking
- Dance
- Drama
- Art & Music
- Musical Theatre



For details please visit: [Hoxton Hall](https://www.hoxtonhall.org.uk/)

## STARS OF THE WEEK



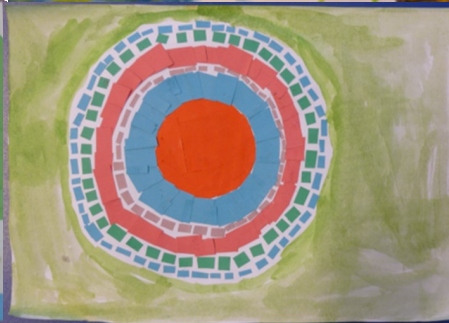
Munir	2+
Adnan & Imran	Lilac
Samad	Silver
Oussama	Crimson
Amaal	Yellow
Medina	Gold
Bluebelle	Green
Leon	Pink
Lorin	Purple
Surayah	Orange
Jet	Brown
Kinga	Red
Isha	Blue

**Well done superstars!**



## Pakeman Art Day

All Pakeman children and staff took part in a fantastic art day this week on the theme of **Hidden Messages**. Each phase took a different focus and had their own artist to explore. Everyone also took time to celebrate Denise and reflect on the wonderful art that she did at Pakeman over the years. Huge thanks go to Will for inspiring all the staff and children and organising this amazing day.



Please check our school website for many more examples of our fabulous work. You will also find information about the art and the various artists staff decided to use to inspire the children. [Pakeman Primary School, London](http://www.pakemanprimaryschool.com)



## Art Day - Working with Henny Beaumont

As part of Art Day, six year 6 children worked with an artist called Henny Beaumont. She is a children's illustrator who has received an Arts Council Award for her second graphic novel and was long listed for the Women Poets' Prize. Henny Beaumont is also a director, founder and animation judge of Hackney Shorts Film Festival. On Tuesday, she focused her work on painting portraits. It was a great experience for our Pakeman children.



## FREE Access to Sports Project

The Access to Sports project is a community led sports development charity that works across the London boroughs of Islington, Haringey & Hackney.

They offer an amazing summer holiday coaching programme across a variety of sports. They have just launched the new full timetable. The holiday activities are **FREE** and include:

- |              |                |
|--------------|----------------|
| Football     | Basketball     |
| Multi-sports | Mini Olympics  |
| Tennis       | Roller skating |



For more timetable information and to book these activities please click on the link:

[Online Bookings – Access to Sports Project](#)

Access to Sports also deliver a coach education programme that equips local people with nationally recognised qualifications. All details can be found on their website:

[Access to Sports Project – Sport coaching and qualification courses](#)

## Cooking Club

Cooking club used the broad beans and potatoes harvested last week to make a wonderful frittata.

### Frittata recipe



Why don't you try making your own frittata at home with this recipe:

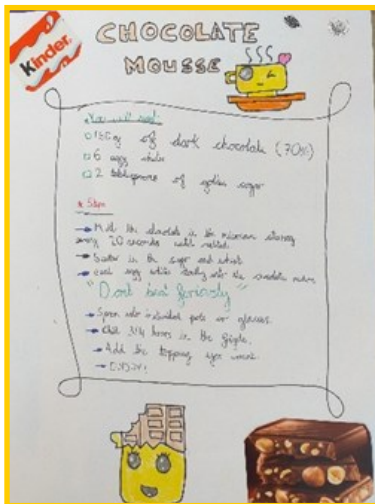
[BBC Frittata Recipe for kids](#)



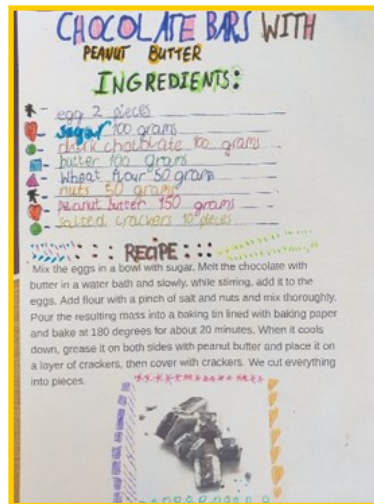
## World Chocolate Day - Competition Winners

Well done to all of the children who entered our World Chocolate Day competition. We received some wonderful recipes – all very tasty looking! We decided to award 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place. Congratulations to our winners who will receive some chocolate treats from Emma.

1<sup>st</sup> place  
Asma Sayad (Purple)



2<sup>nd</sup> place  
Sara Haroud (Yellow)



3<sup>rd</sup> place  
Kinga Kryscinska (Red)



## Beacon High—Introductory Sports Day

A group of year 5 and 6 children went to visit Beacon High School on Wednesday. Keeping in safe bubbles, the group tried out a range of exciting sports. These included dance, badminton, football and gym. They also had time to try out some mindfulness activities. The group had an opportunity to talk to some year 8 children about how it feels to move to secondary school, and were given some very encouraging responses.

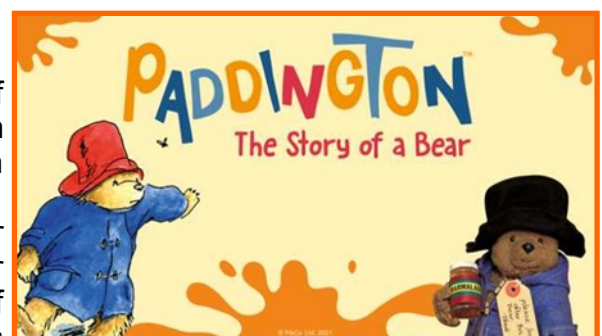
Thanks to Tay and Bex for taking the group and enabling them to enjoy this experience at Beacon High.



## Paddington at the British Library

The British Library are opening a new exhibition of one of the world's most loved bears – Paddington Bear. Fans, both big and small, can join Paddington as he shares his life of adventure at the library. Whether tidying the attic, going to the laundrette or enjoying a birthday party, Paddington is forever making a mess. Children can follow his long trail of marmalade splats to explore his tales of muddles and mishaps.

At the library there's also an opportunity to discover the many faces of Paddington, from original illustrations to clips from hit films. The Paddington exhibition opens this Friday 9<sup>th</sup> July.



[Paddington: The Story of a Bear - The British Library \(bl.uk\)](https://www.bl.uk/paddington)