

# 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 7, Autumn Term 2018

Thursday 1st November

## Dear Parents/Carers

We hope everyone had a really relaxing half-term break. The children have settled straight back into lessons this week and are working hard.

## Thank you

We would like to say a big thank you to Anthea Briggs for making a generous donation to the school, which will make a significant difference to our children.

## Ideas to support behaviour issues — New Family Learning Course for parents/carers

Starting on Tuesday 6th November (9.05-11.00am) there is a FREE 5-week course (at the same time each Tuesday) in the Lodge. You will learn about behaviours to encourage and discourage in children, routines and structure, boundaries and expectations, positive relationships and quality time together, plus actions and consequences. For more information, or to book a place please speak to Elizabeth or the anyone in the school office.

## Black History Month 'Bring and Share Event

We had a fantastic time on Tuesday after school to celebrate Black History Month. Thank you to the parents/carers who brought along food for the event and to Angela, Sara, Fahima and Vicky for their hard work cooking and preparing food in school. Thank you to the kitchen staff for making the school kitchen available, to Emma, Tay, Estelle and Steve for setting up and to those who helped at the event and to clear up afterwards. It was great to see families getting together to celebrate the event and enjoy the wonderful spread of food. The atmosphere was brilliant.. Thank you to all those who participated.



## PE

After a first half term of net and ball games, this half-term the children will be engaged learning gymnastics during their PE lessons. They are working on a range of poses and routines. These activities have great benefits for posture, movement, coordination, rhythm, core strength and working cooperatively with partners and teams.

We would like to thank the Sobell Centre for enabling us to use their football pitches during a couple of lunchtimes each week. So far, KS2 have benefited from this facility, but this term KS1 will also be able to take part.

## School Photographs

School photographs of the children will be taken on Monday 5th November. Each child will have an individual photograph taken and, where possible, another photograph will be taken with siblings who attend Pakeman School. If you want a photograph taken with other family members who DO NOT attend this school, you must arrive at school at 8.30am. Family photographs will be taken on a first come first served basis. Please note that family photographs have to finish at 9am sharp so that the in-school photographs can all be taken.

## Cold Weather

Now that the weather is getting much colder, please make sure your child comes to school in a warm coat that they can wear outside during break times, with hat and gloves too when the temperature really drops.



## Lost Property

We have a lot of lost property again. Please have a look in the lost property box in the office if your child has lost anything since half term.

## DATES FOR YOUR DIARY

**School Photographer**  
Monday 5th November

## Ideas to support behaviour issues

A 5-week course for parents/carers of EYFS children on Tuesdays 9.05-11.15am starting Tuesday 6th November

## Cinema Night

Tuesday 20th November

## Parents' Evenings

Thursday 22nd November  
Tuesday 27th November

## Christmas Fair

Tuesday 4th December after school

## Last day of Term

Friday 21st December

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

## P4C QUESTION

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

**Would you rather be rich but sad, or poor but happy?**

## BEST OF THE OSCARS

**Jamal (Brown  
Class) for being so  
helpful during  
lunchtimes**



### Last week's best classes for attendance and punctuality

Year Group	Best Attendance	Most improved Attendance	Best Punctuality
EYFS & KS1		Early Newsletter	
KS2		Figures back next week	

### Word of the week

## Trudge

**Definition:** To walk slowly and with heavy steps, usually because of tiredness or difficult conditions

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

After a hard day I was so tired that I **trudged** up the stairs to bed.

### Hydration



Did you know that water makes up two-thirds of your body weight and is essential for it to function properly? Water helps to:

- Transport nutrients and oxygen around your body
- Keep your joints lubricated
- Get rid of waste products
- Maintain the strength and shape of cells
- Control your temperature

Signs of dehydration include fatigue, muscle cramp, flushed skin, heat intolerance, dry mouth and eyes, dark and infrequent urine.

The NHS recommends a minimum intake of 1.2 litres (or 6-8 glasses) of water a day for good health.

### Free Tennis for Children

Your children can discover the world of tennis through activities and games at the November Fun Weekend at Islington Tennis Centre and Gym, Market Road, London N7 9PL

- Saturday 3rd November  
Morning session: 10am—12 noon  
Free time: 12 noon—1pm  
Afternoon session: 1pm—3pm
- Sunday 4th November  
Morning session: 10am—1pm

The activities at the Open Day are mainly for children aged 4-9, but older children can attend. The Open Days are free and there is no need to book—just drop by!

However, for further information or to book a place visit [better.org.uk/islingtontc](http://better.org.uk/islingtontc)



### Bright Start Islington

Bright Start Islington provides services for under-5s and their families in children's centres, nurseries, health centres, community centres and libraries across Islington.

As well as childcare and early education, Bright Start Islington provides activities and services, including:

- Stay and play sessions: toys and activities for under-5s
- Child health clinics
- Health visiting
- Parenting programmes
- Free healthy start vitamins
- Speech and language therapy
- Breastfeeding support and infant feeding advice
- Benefits advice
- Help with finding work



At Bright Start venues you can meet other parents, support each other, and get involved in designing and reviewing local services.

For a programme of activities or to register for Bright Start services, visit Islington Council's website at: <http://directory.islington.gov.uk/kb5/islington/directory/advice.page?id=QSjf0I-9CKo>