

THE PAKEMAN PRESS



**Pakeman
Primary School**

Issue 10, Summer Term 2020

Friday 3rd July

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

A message about well-being from the school's therapists – Rachael and Sophie

We have more for you on mindfulness and meditation – because it works!

For children – [Meditation with Monster](#) from Sesame Street, while he waits for his cookies to bake, turns meditation into a fun game with your senses of smell, touch, sight, hearing and taste. Watch it and then have a go.

For families – 5 Senses Game This game is an easy stress and anxiety reducing game. Simply find something you can smell, then something you can touch, followed by something you can see, then hear and finally taste. Discuss what you find together. See if you can describe the sensations. This a lovely bonding game to do together.

For parents/carers – [Headspace](#) explains further why meditation is so worthwhile, even if short. They have a great app with some free meditations, or you can explore what you like on YouTube. The options are endless! For an expanded version of the senses meditation, known as the 5, 4, 3, 2, 1 technique, see [here](#).

We wish you well.

P4C QUESTION

Sharing is considered to be good, but are there things that you shouldn't share?

Word of the week

Reflecting

Definition: Thinking deeply and carefully about something

Use of the word *reflecting* in a sentence:

Reflecting on lockdown, many people have shown extraordinary generosity in helping others in need.

Dear Parents/Carers

Secondary School

We have started preparing our Year 6 children for moving up to secondary school. This is especially important as we know that this will be a little different to other years, and Year 6 children everywhere are likely to be quite nervous about lots of things, which we can only find out about by asking them. [Click here](#) to see the video Year 6 watched of some Year 7 children talking about their experiences. Year 6 were then asked to write about 3 things they are most excited about. They were also encouraged to write about things they might be worried about or questions they have, so that these can be addressed.

Friendship People

We have all been missing our friends during lockdown. So, to remember good times with friends and look forward to fun times with them again, Years 1 and 2 collected a variety of natural items, including leaves, grass, flowers and sticks and made some 'friendship people'. Aren't these wonderful?



Summer Activities for Children in Islington

For over 20 years Islington Council has been funding a variety of free activities and opportunities during the summer holidays for children and young people. Arrangements for childcare, playschemes and activities for younger children during this year's summer holiday are currently being finalised and will be updated [here](#) following further government guidance.

For families with older children a [Summerversity](#) programme has been published that offers young people aged 13+ who live, or go to school or college in Islington, the opportunity to learn new skills, develop interests and talents, make new contacts and have fun. **Importantly, this year's programme has been specially created in line with government guidance around social distancing.**

Positives to come out of lockdown

So much has changed in recent months as a result of coronavirus, lockdown and the gradual easing of restrictions. This has created much uncertainty and had a huge impact on people's lives. Yet, despite many stressful challenges and changes, there have been many positive and inspiring stories. Among the very best things is that people have shown how generous they are in helping each other out! Have a look at [this video](#) from Islington's Mental Health Support Team (MHST) which highlights some of the positive things that have come out of lockdown.

First News

Please [click here](#) for this week's edition of First News, the newspaper for children. It contains lots of information on life after lockdown, news from the UK and abroad, science news, animal news and a feature about plastic pollution. There is also information for children, about things that will seem different when they return to school. It has a sports section and don't forget the puzzle fun page too!

HELPING HAND



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A Focus on Art

EYFS: This week, for their Topic Activity, Reception have been creating their own versions of Pierre-Auguste Renoir's painting 'The Wave'. They did this by dipping a sponge or scrunched up kitchen roll into pots of paint of different colours. In this way they were able to build up the different layers of the sea to create the effect of waves.



Years 1/2: The children have been doing lots of cross curricular learning around landmarks. They started off by choosing a landmark and in a Geography lesson used Google Maps to locate and explore the area it is in. In Literacy, they found out facts about their landmark and created a fact file of all the interesting information they could find, including continent, country, city, how long it took to build, who built it etc. Next they created a poster or leaflet to advertise the landmark to tourists and finally, they drew a picture of their chosen landmark.



Years 3/4: This half-term's topic for Years 3 and 4 is habitats. One of their activities was to choose an animal from a particular habitat — jaguar (rainforest), whale (ocean) and camel (desert) and draw that animal.



Years 5/6: This week Years 5 and 6 have been having fun learning to make their own comic strips and they started off by practising to draw various cartoon characters. Most chose to draw Greg from Diary of a Wimpy Kid, but Violet from The Incredibles and Robin from Teen Titans Go made an appearance, and Inese (Blue Class) drew 4 characters, Greg, Violet, Robin and The Flash!

