

THE PAKEMAN PRESS

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

Coffee Mornings

As promised, we are set to begin our Zoom Coffee Mornings with Marcia. These will take place **every Friday at 11am**. The first will be a 2 part workshop run by Gina from Islington School Well-being Service. These workshops be on managing anxiety in your child. For further details contact Marcia via the school office. More details will also appear in our next newsletter and on the school website.

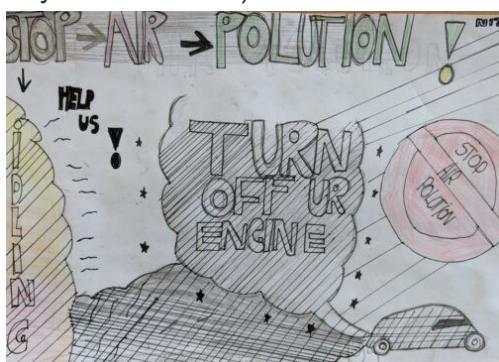
20th Nov Building Confidence & Managing Anxiety part 1

27th Nov Building Confidence & Managing Anxiety part 2



Air Pollution Workshop

On Friday 23rd October, Years 5 and 6 took part in a very interesting workshop about air pollution. The workshop was led by Natalie Curd, who works for Camden council. The children learnt about what causes pollution around the school, where it comes from and why it is so bad for us. They then made colourful and eye catching posters to help persuade drivers from idling (which is when drivers leave their engines on when they don't need to!) Here are some of our poster designs:



Did you know?...

Traffic is one of the major causes of air pollution in London. Some journeys cannot be helped, but idling creates pollution and is often unnecessary. An idling engine can produce up to twice as many exhaust emissions as an engine in motion.



Pakeman
Primary
School

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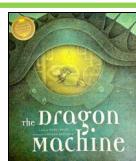
Friday 6th November 2020

Islington Bright Start

For Islington residents with a child under 5 there are some **free Bright Start Activities** that you can attend. These sessions are a combination of online and face to face. All sessions are Covid secure. **ALL SESSIONS MUST BE BOOKED.** A timetable is attached to this email with contact details and information.



The Dragon Machine



Enjoy this week's story and see if you can spot dragons when you're out and about! Suitable for 5-8 years. Click [here](https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/the-dragon-machine/).

P4C QUESTION

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

What do think your most important goal in life should be?

STARS OF THE WEEK

Lauren (Gold class)



Maryam (Purple class)



Sofia (Crimson class)



Attendance and Punctuality

Year Group	Best Attendance	Most Improved Attendance	Best Punctuality
EYFS & KS1	Gold class	—	Crimson class
KS2	Brown class	Brown class	Pink class Brown class



Who was the best class last week?



Word of the week

WELL- BEING



Definition:

- The state of being comfortable, healthy or happy.

Use of the word **well-being** in a sentence:

At Pakeman looking after the well-being of our children is very important..

Screens (TV/computer/iPad) And Language Development

TWO NEW STUDIES SHOW THAT SCREEN TIME CAN DECREASE THE WORDS AND SENTENCES USE, RESULTING IN DELAYED LANGUAGE DEVELOPMENT.

- One study found that for every 30 minute increase in daily handheld screen time there was a **49% increase** of expressive language delay.
- A second study found that for each additional hour of videos that 8-16 month old infants watched a day, they said an average of six to eight fewer words.



TOP TIPS:



- Have screen free times/zones
- No screens in bedrooms
- Reduce your own screen time
- Be selective—choose developmental apps/games
- Monitor what is being used and for how long
- Try not to have TV on in the background
- Connect what your child sees on the screen to real life
- Be consistent—if you permit certain screen times during the day, or allow them to watch a show, talk to them about it then turn it off afterwards



How much is too much?

Children under 2 should ideally not be exposed to any screens. Children between 2-5 years should watch no more than 1 hour a day and this watching should be active (adults interacting alongside) and not passive.



If you would like any information or advice about your child's talking, please contact
Bright Start Speech and Language Therapy
0203 316 1897