

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 9 Autumn Term 2020

Friday 13th November 2020

Year 3 and 4 – Hinduism and Diwali

In RE this term we are learning about one of the oldest religions in the world – Hinduism.

We started by looking at the beliefs of Hindus, the different gods and goddesses that they pray to and some of the traditions that Hindus have too. We have also studied some of the important tales in the Hindu religion, including the story of Rama and Sita. It is a very special time in the year for Hindus as this weekend marks the start of Diwali, a 5 day festival of lights. Diwali is celebrated by millions of Sikhs and Jains around the world too. During the big celebration, lights and oil lamps are lit on streets and in houses. People visit friends and relatives and there are lots of fireworks too. As part of the Diwali celebration, people draw bright Rangoli patterns to encourage the goddess of wealth to enter their homes. These Rangoli patterns are symmetrical and take ideas from nature. They are traditionally created by using rice, sand, flour and chalk. In years 3 and 4, we drew our own Rangoli patterns.

Message from Lynne

We are really proud to say that our attendance is at **95.8%**

Keep up the amazing effort.
Very well done everyone!



Rama and Sita Story

As part of the Diwali celebrations this weekend why not listen to this week's story of Rama and Sita? Click here: [Rama and Sita](#)



Can you spot the symmetry in these Rangoli patterns?



P4C QUESTION

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

Can we have happiness without sadness?



STARS OF THE WEEK

Laiyla (orange class)



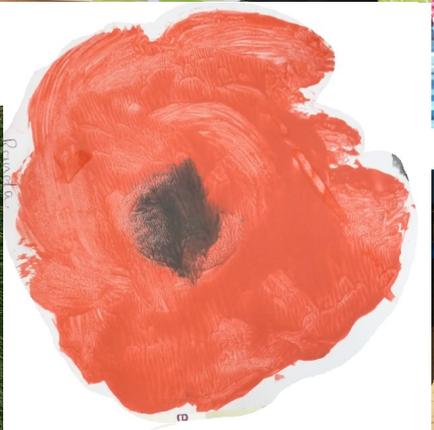
Hour (silver class)



Abdirahman (yellow class)



REMEMBRANCE DAY



We rang our school bell for a 2 minute silence at 11am on 11th November.

Black is beautiful, beautiful is black,
Let me tell you how they treat us blacks.
A discrimination, an unfair time,
Communities separated, you can watch us shine,
Killing the innocent becomes a normal doing.

In an instant, people are getting attacked while still in bed snoozing
Shooting patrols swarm the area.

Beautiful is black, black is beautiful,
Everyone stands in solidarity
And brings everyone together.
Unite, make a change,
Together we can face this.

In steps and things to remember:
Fill every step you take with confidence, pride and joy,
Unite the world and
Love should be shared with everyone

Things to remember: Uniqueness matters. Care for everyone.



By Laiyla Anouro Jamshab

Angela's Menu—To celebrate Black History Month

This Wednesday the children enjoyed a delicious feast from a menu that our teaching assistant, Angela, had designed with Pakeman kitchen staff.



JAMAICAN CARROT CAKE RECIPE

INGREDIENTS

- 3 cups of shredded raw carrots
- 4 beaten eggs
- 1 3/4 cups brown sugar
- 2 1/2 cups flour
- 1 1/2 cup oil
- 1 teaspoon vanilla
- 1 1/2 cinnamon
- 3/4 nutmeg
- 1/2 teaspoon mixed spice
- 1 teaspoon baking soda
- 1/2 teaspoon salt



METHOD

1. Combine shredded raw carrot and sugar in a bowl and mix well.
2. Add beaten eggs, then oil and vanilla and mix well.
3. Combine and sift together the flour, the cinnamon, the other spices, along with the nutmeg, the mixed spice, the baking soda and the salt.
4. Slowly add the dry ingredient combination to the wet mixture and mix until completely combined.
5. Pour batter into greased baking container and bake for about 40 minutes at 350F or until you stick a knife in the center and it comes up dry.

This cake is a great dessert to have in your home to be eaten at anytime by anyone.

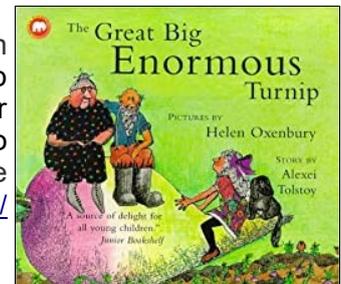
If you make this Jamaican Carrot Cake Recipe please tell us how it went. Maybe send a picture to your class teacher to show us how it turned out!

Celebrating Achievement



Alana was so proud of some of her children in Yellow Class today that she whisked them off to see Lynne to receive a special pencil. The children had been retelling the story The Great Big Enormous Turnip and using cursive handwriting to produce some wonderful writing. Very well done Yellow Class. What amazing writers you are!

CBeebies have a version of this Russian folktale about a farmer who grows a turnip so gigantic she has to enlist the help of her husband, horse, dog, cat and a mouse to try and pull it from the ground. Click here to watch the tale: <https://www.bbc.co.uk/programmes/p06580y6>



BBC Children In Need

Here at Pakeman we have often received funding to support well-being initiatives in our school. Now it is our turn to raise some much needed funds to support Children In Need in our fundraising day. Details will appear next week. If you want to check out some of the work the charity do please click here: <https://www.bbcchildreninneed.co.uk/>

Attendance and Punctuality

Year Group	Best Attendance	Most Improved Attendance	Best Punctuality
EYFS & KS1	Green class	Crimson class	Crimson class
KS2	Brown class	Orange class	Gold class Red class



Who was the best class last week?



Word of the week

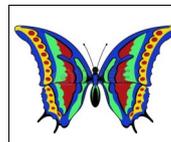
SYMMETRICAL

Definition:

- Able to be divided into two halves which are exactly the same but the opposite way around.

Use of the word *symmetrical* in a sentence:

The butterfly's wings were perfectly symmetrical.



Friday Coffee Mornings with Marcia 10.45-12.45

(to include 1 hour expert workshop - see below)

Islington School Wellbeing Service

BUILDING CONFIDENCE AND MANAGING ANXIETY IN YOUR CHILD

A two-part workshop for parents

Pakeman Primary School



INFORMATION SHEET

In these workshops we will:

- ◆ Give you information about how anxiety presents itself and is maintained in children
- ◆ Discuss the type of worries children and parents may have
- ◆ Help you think about things you can do to manage anxiety and build your child's confidence
- ◆ Think about how to understand and manage the current context
- ◆ Share information but also provide time for questions and answers

When will the workshops be and how do I access them?

The workshops will be delivered online. It will be delivered in two parts, please make sure you are available for both dates:

Part 1: November 20th 11-12pm
Part 2: November 27th 11-12pm

If you would like to attend please email mharris@pakeman.islington.sch.uk and include the name of your child's class/year group. Alternatively, contact Marcia via the office (Tel: 020 7607 2575). We will then send you an invitation and information about how to access the workshop. Please also contact us if you have any questions or require any further information. We look forward to hearing from you!