

# THE PAKEMAN PRESS

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



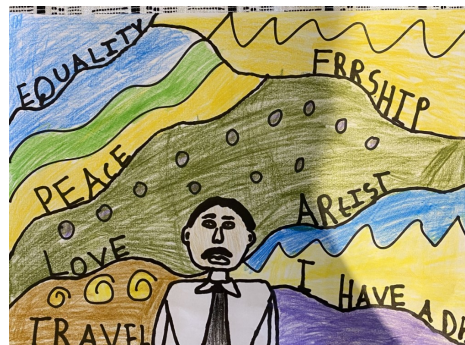
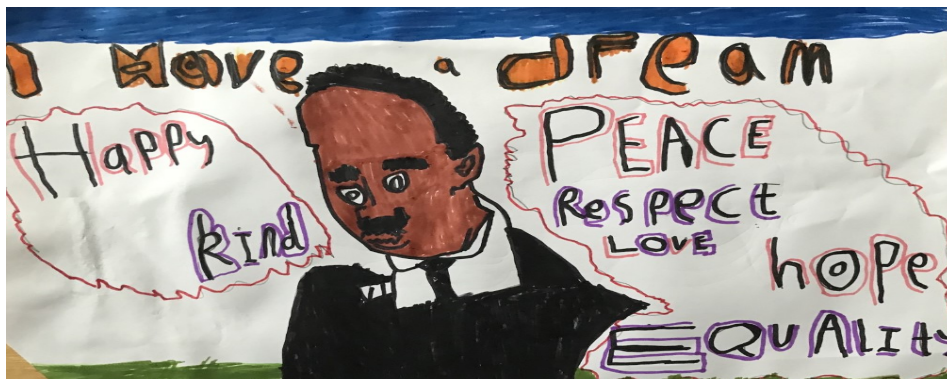
**Pakeman  
Primary  
School**

Issue 3 Spring Term 2020/1

Friday 22nd January 2021

## Martin Luther King Day

Martin Luther King Jr Day is a holiday held in America on the *third Monday of January*. [Martin Luther King Jr](#) was an influential American civil rights leader. On MLK Day people take the opportunity to celebrate Martin Luther King's life and achievements. Years 5 and 6 have produced some outstanding work this week in his memory.



In Martin's life, his father and Grandfather and more have told been Preachers. But little did they know, Martin was going to be the World's Preacher...

Little (Now big and famous!) Martin had a dream, BUT, others thought that it was a really mean one just because he was black!

Dozens of people judged him by his race. Then, said their racist, mean thoughts to him...



## JOKE TIME

We have plans to set up our own **Pakeman Joke Book**. So you need to be thinking of some of your very best jokes and be ready to share your favourites with us. More information about this idea will go on Class Dojo soon. But first, to get you in the mood:

1. What do you call a dinosaur that is sleeping?
2. What is a witch's best subject in school?
3. What animal is always at a game of cricket?

**Answers:**

1. A dino-snore!
2. Spelling
3. A bat



## STARS OF THE WEEK



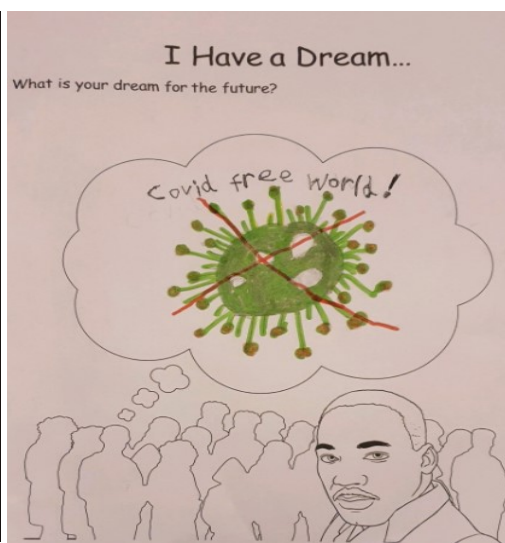
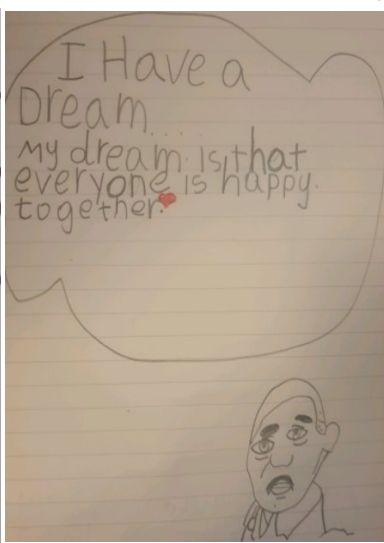
Adam - Green class  
Amelia - Yellow class  
Leonardo - Gold class  
Nadia - Blue class  
Xayaana - Brown class  
Kaleb - Red class  
Alens - Purple class  
Aviela - Orange class  
Asmaa - Pink class  
Maria - Crimson class  
Louise - Silver class  
Idris - Lilac class  
Sedan - 2 +

Well done superstars!

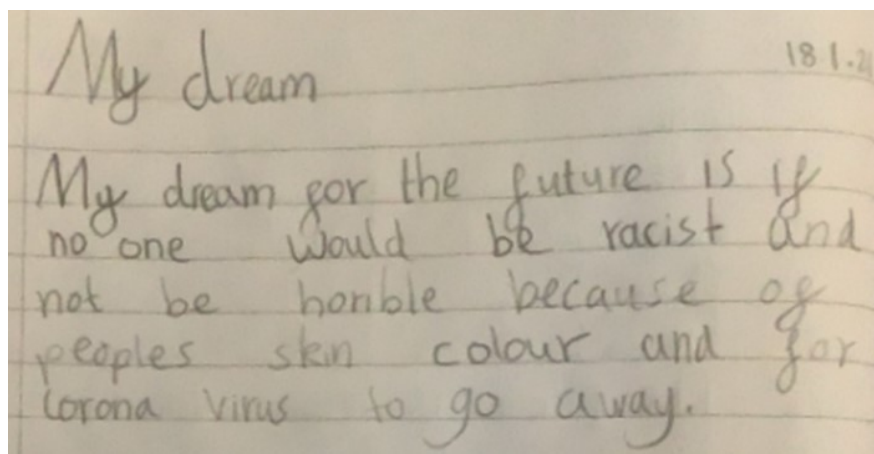


## I HAVE A DREAM - Years 1 and 2

Children in years 1 and 2 have been reflecting on Martin Luther King's "I have a dream" speech which he delivered in August 1963. It became one of the most famous speeches in history. Dr. Martin Luther King Jr. was an American Baptist minister. He was a famous campaigner for civil rights in America during the 1960s. He argued that African-Americans should struggle for the same rights as white people through peaceful protest. If you would like to find out more about Martin Luther King click on this link: [BBC Martin Luther King](#)



My dream for the future is no more lockdown. Because I want to visit my family in France.



## CHILDLINE TOOLBOX

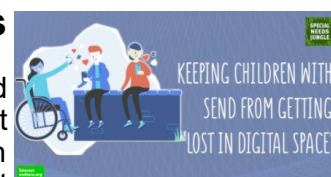


If your child is feeling worried during lockdown, it can be great to find ways for them to express themselves and do things they enjoy.

**Childline** have some lovely, relaxing activities to help children find ways to handle their emotions. Their handy [toolbox](#) is full of [games](#) and advice through [videos](#). They also have some calming activities in their Calm Zone to help children find ways to let go of worries. [Visit the Calm zone](#)

## INTERNET MATTERS – Children with additional needs

Lockdown, understandably, means the number of hours children spend online has greatly increased. Internet Matters have taken an in-depth look at the online risks facing vulnerable children. Their study revealed that children with physical, mental health and additional learning needs face getting 'lost in digital space'. For further information about their research please click on the link:



<https://www.specialneedsjungle.com/keeping-children-with-send-from-getting-lost-in-digital-space/>

This will provide information and connect you to parent hubs which offer support and advice, if needed.



## Family Kitchen - Get Cooking

We at Pakeman are delighted to be running **Families for life Family Kitchen** again. This will be facilitated by Marcia, our Child and Family Support Worker, and Teresa Connolly, our Outreach Practitioner from Bright Start.

The project will run **online via Zoom for four weeks**.

**Date:** Tuesday 2nd - 23rd February (including half term)

**Time:** 10:30am-12:30pm (this includes preparation, cooking and time to eat together)

These sessions are for families with children aged 5 - 11. They provide an opportunity for children and their family members to learn to cook and eat healthy meals together. The programme is designed for children and their family members to:

- learn to prepare and cook healthy meals together
- understand how a balanced diet contributes to health
- gain the confidence and skills to cook healthy meals
- develop more positive attitudes to healthy eating
- be able to choose and buy healthy food
- get to know other group members
- eat together socially



**Places are very limited** but sessions will run again after half term so please respond if you are interested, as you can always be put on waiting list for further sessions.

You can email [mharris@pakeman.islington.sch.uk](mailto:mharris@pakeman.islington.sch.uk) for more information or to book a place.

Please ensure you can commit to all four weeks and have access to a device that can run Zoom with video, before booking. The cost of ingredients will be covered for all participants in the form of supermarket vouchers, subject to conditions.

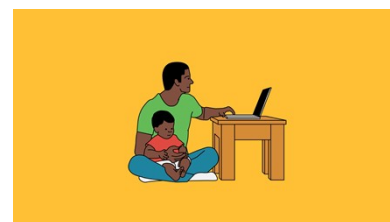
## How to maintain healthy diets for children during lockdown

The Islington School Health Team will be running health promotion sessions for parents. These sessions will last approximately **45 minutes** on **Mondays** and **Thursdays via Zoom**. They will provide a safe space for parents to have any questions answered regarding concerns they may have. Topics for these sessions can change over the weeks at parents' request.

The focus at the moment is **How to maintain healthy diets for children during lockdown**

**Mondays** sessions will start at 1pm (1-1:45pm)

- Jan 25 01:00 PM
- Feb 1 01:00 PM
- Feb 8 01:00 PM



Join Zoom Meeting: Meeting ID: **951 7962 6490** Passcode: **4321**

<https://zoom.us/j/95179626490?pwd=c3lURGZMK2JCeUZ0aUx2eDEvbDhzUT09>

**Thursdays** sessions will start at 9:30am (9:30 - 10:15am).

- Jan 28, 2021 09:30 AM
- Feb 4, 2021 09:30 AM
- Feb 11, 2021 09:30 AM

Join Zoom Meeting: Meeting ID: **917 5403 0957** Passcode: **4321**

<https://zoom.us/j/91754030957?pwd=U1ltL0sycWN4WEFzcUhGQ0JpcVRnQT09>

Sessions can be increased if requested or parents/carers can book 1:1 sessions.

For more information please contact: **Islington School Health Team** Telephone: **020 3316 8021**