

THE PAKEMAN PRESS



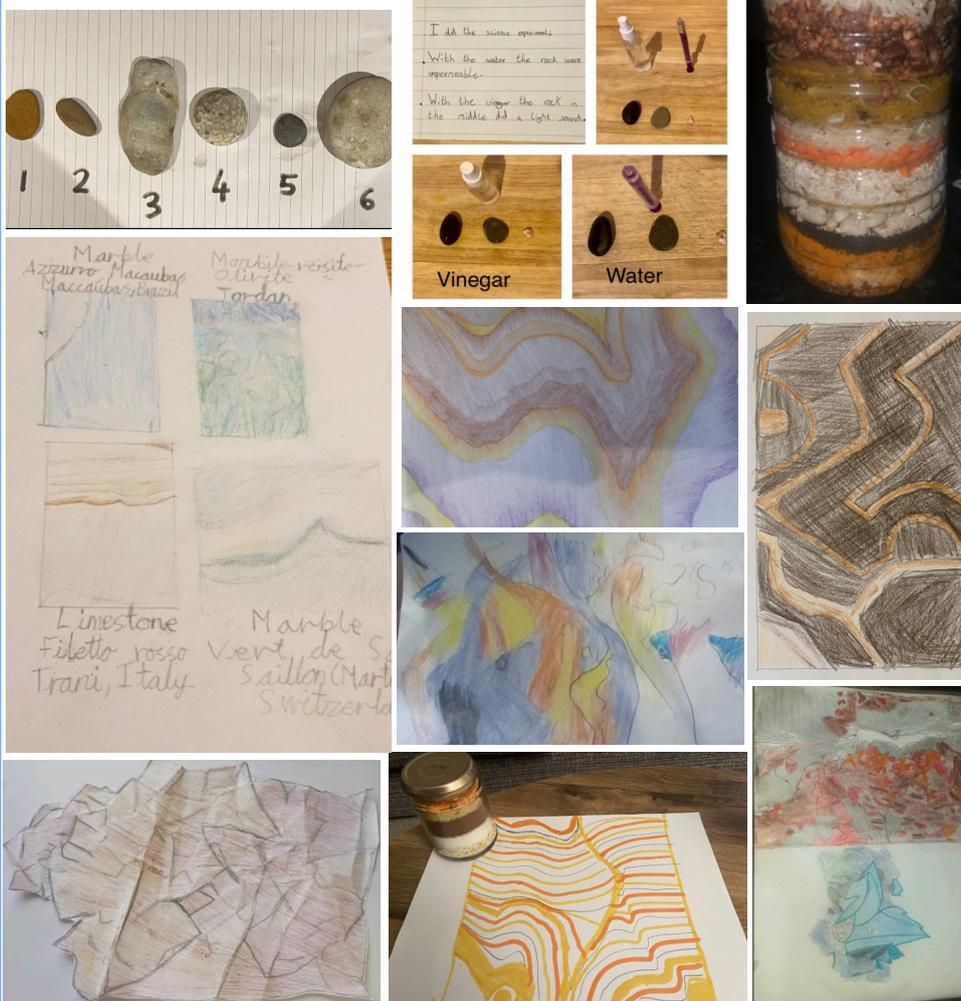
**Pakeman
Primary
School**

Issue 4 Spring Term 2021
Friday 29th January 2021

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

Years 3 and 4 - Rock Study

The children in years 3 and 4 have been studying rocks - relating to their topic on the Stone Age. They have been learning about the 3 main types of rock: igneous, sedimentary and metamorphic. In art they have made and drawn models of sedimentary rock. In science they carried out an experiment testing the properties of a variety of different rocks. Here are some examples of their amazing work:



Super Art Ideas

The Botanic Gardens have some really great art ideas if you are looking for something fun to do at home this weekend. You could learn how to make a pine cone owl.



Or you could try making a pop up snowdrop.



For these ideas and many others click on this link:

[Botanic Gardens](#)

Children's Mental Health/National Story Telling Week



Children's Mental Health Week and Story Telling Week are taking place next week. Some of our online lessons will focus on thinking about ways to share feelings, thoughts and ideas through stories and creativity. Our newsletter next week will share some of the children's work and provide you with lots of useful links. If you would like to explore ways to support your child's mental health and well-being click here: [Children's mental health - Parent and carers](#)

STARS OF THE WEEK



Rayan (Red class)
Jet (Brown Class)
Sophie (Blue class)
Alexis (Blue class)
James (Orange class)
Rehan (Nursery)
Kayla (Silver class)
Zackariya (Crimson class)
Nyla (Gold class)
Bluebelle (Green class)
Abdullah (Yellow class)

Well done superstars!

Year 5 and 6 — Weather Art

Children in years 5 and 6 have been producing some lovely art work as they continue with their weather topic through remote learning.



Did you know?....

- The word **umbrella** comes from the Latin word "umbros" which means shade or shadow.
- Modern day umbrellas are coated with Teflon to make them waterproof.

Pakeman Bear

Some children in key stage 1 have taken the time to write letters to Pakeman Bear and draw him some lovely pictures. He received a super picture of planet Earth and some great bear pictures too. It really cheered him up to get letters from children. He is missing everyone.

If you fancy listening to a bear story this weekend Pakeman Bear suggests you click on these links:

[Bears Don't Eat Egg Sandwiches](#)

[The Bear Who Stared](#)

You can listen to the authors reading their stories.

Enjoy listening.



Islington Parent/Carer Forum

This forum is established within Islington Council and run by parent and carer volunteers. Volunteers work with both parent/carers and professionals. They work on improving health, social care and a range of educational services for people aged 0-25 with SEND, enabling parents, carers, foster carers, grandparents to have a voice.

Recent funding has allowed this group of volunteers to offer **Essential Food Parcels** for families in need, who are caring for a child/young person 0-25 years living in Islington or accessing services in the borough.

Further to funding received for food parcels, funding has also been put towards running an **Arts and Crafts Workshop on Zoom for Young Carers**. This will start in February. Packs will be sent out to those who book. Workshops will be on both Tuesdays and Wednesdays and run by a qualified arts teacher.

Workshops begin: 2nd and 3rd February (for 6 weeks).

Time: 5pm - 6:30pm.

Please Note:

You need to register as a member to book the essential food parcels & young carers workshops.

For booking information please contact Emily:

islingtonparentcarerforum@gmail.com



contact for families with disabled children





FORUM MEETINGS DATES

2020 dates
November 11th 10-11:30

2021 dates
January 20th 10-11:30
March 10th 10-11:30
May 12th 10-11:30
July 14th 10-11:30
September 15th 10-11:30
November 10th 10-11:30

ISLINGTON PARENT CARER FORUM

For more information contact Kelly & Abby
islingtonparentcarerforum@gmail.com

To book please contact Emily
islingtonparentcarerforum@gmail.com











STARTING FEBRUARY 2021

6 WEEKS SIBLING ARTS & CRAFTS CLUB BY ZOOM

IF YOU ARE INTERESTED PLEASE EMAIL
ISLINGTONPARENTCARERFORUM@GMAIL.COM

Art packs will be delivered

For young carers
of children/young people with SEND
Spaces limited

School Wellbeing Service

Islington School Wellbeing Service have highlighted some videos and leaflets for parents and carers, which we hope you find useful.

Videos:

- Sleep workshop for primary aged parents (20mins) - <https://youtu.be/m2fYDJ-MW1Y>
- 5 tips - help your child return to school after lockdown (5mins) - <https://youtu.be/XpYdYr9GX0k>
- Help your child to feel more confident to return to school (30mins) <https://youtu.be/uJxtMZz5KwI>

Parent and Carer Leaflets:

- [Parent/Carer Behaviour Leaflet.pdf](#)
- [Parent/Carer Anxiety Leaflet.pdf](#)

If you would like to get in touch with this service, please speak to Marcia, our Lead Child and Family Support Worker, who will be able to support you. mharris@pakeman.islington.sch.uk

Alternatively, you can phone the service directly **Tel: 020 7527 3355**. When asked what intervention you are seeking, you should request the **School Wellbeing Service**.



How to maintain healthy diets for children during lockdown

Important Note: Change to session times



The Islington School Health Team are running health promotion sessions on **Mondays** and **Thursdays** at **16:00** via Zoom for parents to attend.

They have altered the times due to parents/carers home schooling children.

New session times are: Mondays - 4pm and Thursdays - 4pm

How to maintain healthy diets for children during lockdown

Monday –

Maintaining a Healthy Diet during Lockdown:

1st Feb 2021	16:00
8th Feb 2021	16:00

Join Zoom Meeting:

<https://zoom.us/j/95179626490?pwd=c3IURGZMK2JCeUZ0aUx2eDEvbDhzUT09>

Thursday –

Maintaining a Healthy Diet during Lockdown

4th Feb 2021	16:00
11th Feb 2021	16:00

Join Zoom Meeting:

<https://zoom.us/j/91754030957?pwd=U1tL0sycWN4WEFzcUhGQ0JpcVRnQT09>

These sessions will provide a safe space for parents to have any questions answered and reassurance provided for any concerns/anxieties they may have, considering the times and season we are in. Topics for sessions can change over the weeks at parents' request e.g. on bedwetting or emotional wellbeing.

For more information or if you have any questions, please contact:

Islington School Health Team Telephone: 020 3316 8021