

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 6 Spring Term 2021

Friday 12th February 2021

Safer Internet - Together for a better Internet.

Safer Internet Day took place on 9th February. The campaign this year focused on how we can know what to trust online. School activities encouraged children to question the online world and the decisions they might need to think about when using it. During remote learning children have been spending much more time than usual on devices. Parents and carers play a key role in helping children to stay safe online so we have selected some helpful free resources which you might like to use at home. These resources are to help you to support your child to use the internet safely and responsibly. If you need more advice please ask.



Smartie the Penguin is a delightful online safety story for EYFS/KS1.

[Smartie the penguin online safety song](#)

Other engaging safety stories for this age group are the **Digiduck** collection. You can listen to the author read one of her stories:

[Detective Digiduck! - Childnet](#)



For KS2 children **The Adventures of Kara, Winston and the SMART Crew** are stories about a crew of children who help cartoon characters make safe online decisions.

This film might also be something you would like to share as a general Internet safety resource :

[Internet Safety Film](#)



Are you struggling with online learning at home?



If you are having difficulties at home with your home learning then you might find this short film useful to watch. Don't forget school is here to help you. So remember to speak to us if you are finding things tricky and you need some support with learning at home - whatever that may be! To view the film simply click on the link:

[Advice if home learning is tough because of issues with tech - CBBC Newsround](#)

Important Dates:

Half Term

15 - 19th February

Return to school

Mon 22nd February
(online learning)

Spring Term Ends

Wed 31st March

Return To School

Tues 20th April

STAFF INSET DAY

Mon 19th April

Did you know? ...

The UK recorded it's lowest temperature for 26 years as it dropped to **below -20 degrees** in Scotland this week.

Wrap up warm this weekend!



STARS OF THE WEEK



Maryamo (Red class)
Riley (Brown Class)
Abdullahi (Blue class)
Sabie (Blue class)
Mumin (Pink class)
Ana Luisa (Orange class)
Alens (Purple class)
Zaid (Nursery)
Ashya (Silver class)
Zahra (Crimson class)
Farida (Gold class)
Ismael (Green class)
Nawal (Yellow class)

Well done superstars!

LGBT+ History Month

We are delighted at Pakeman to welcome the month of February and the start of LGBT+ History Month.

LGBT+ History Month is recognised at different points in the year by different nations, but it is celebrated by a range of countries all across the world.

LGBT+ History Month ensures that everyone has the opportunity to learn a history that can make them feel included and proud. Learning the histories of communities that we are not a part of, but that we still support, is one of the best ways that we can embrace and understand what they experience in the present day. This is a really interesting topic and we are excited for the amazing learning opportunities throughout this very special month.



If you would like some stories to teach about equality, diversity and acceptance you might find the following stories useful:

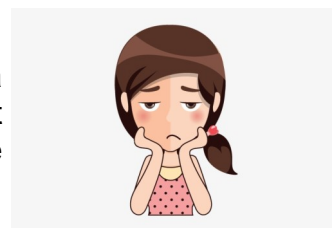


For a larger selection of books which open up conversations about LGBT+ topics please click on the following link:

[Books with LGBTQ+ characters or themes](#)

Returning to school - Feeling anxious?

Some children may feel anxious about returning to school after such a long period of being at home. If your child is feeling this way please let school know. Also, take a look at this short film which includes some useful tips: [Tips for Returning to School - Nip in the Bud](#)



Free Games For Pakeman Families

An emergency relief fund for schools has recently been established to address the current lockdown challenges for home-schooling. This is being supported by Islington Square, the new retail development on Upper Street. We are delighted to announce that we have been lucky enough to obtain some funding from this initiative. We wanted to use our funding to give our children something new and fun to do at home.



Since lockdown began there has been a huge increase in online learning. We felt that it would be good to encourage everyone to get away from their screens for a while and to have something fun to play together over half term. Children have completed some AMAZING activities so well done everyone. Staff are delighted with your work and have arranged for every one of our Pakeman families to be given a new family game. These games will be handed out ONE PER FAMILY. Please collect from the school office on Friday. Please DO NOT visit at lunchtime.

Family Kitchen

This week, the children who joined Family Kitchen made spicy roast aubergine dip with dipping vegetables and flat breads. They even used vegetables in their dessert, by making a lovely carrot cake. Suki is showing us her carrot cake and Toprak has a wonderful plate of bread that he made. Well done to feel Toprak for his fantastic kneading this week!



Families For Life is a healthy cooking and lifestyle programme for parents, carers and children to learn to cook, eat and enjoy healthy meals and lifestyle together.

- Is your child between 5 and 11 years old?
- Is your child a picky eater?
- Do you struggle thinking what to give your child for dinner?
- Do you find it difficult to get your child to eat vegetables?
- Do you want to have a healthy lifestyle through eating well and healthy activities?

If so, then this Family Kitchen programme is for you! Family Kitchen is a weekly programme for families with children aged 5 - 11 years living in Islington. During each 1.5 hour session you and your children will learn to prepare and cook a healthy, balanced meal and sit down to enjoy eating together. Each session will also look at how you can achieve a healthier lifestyle for you and your family. At the end of the programme, you will receive a free Families for Life recipe book.

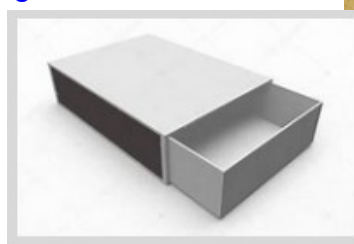
If you are interested in Family Kitchen please contact Marcia. You can contact Marcia via the school office or email Marcia directly: mharris@pakeman.islington.sch.uk

MATCHBOX CHALLENGE

We are holding a Pakeman competition over half term. The aim is to see how many things you can fit into a matchbox. Competition rules can be found on Dojo. If you want to take part please collect your matchbox from the school office by Friday - NOT LUNCHTIME PLEASE.

There will be prizes for the person with the most things in their box.

Are you up for the [Pakeman Matchbox Challenge](#)?





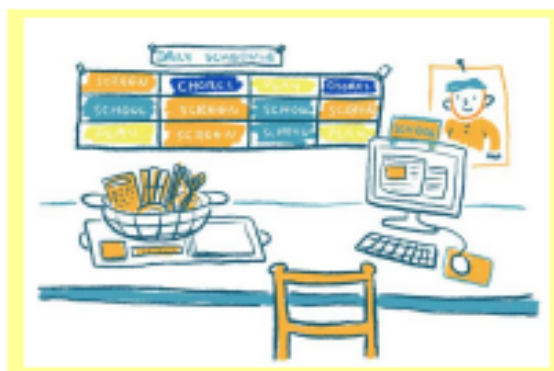
Working With Your Child At Home Workshop

A 1-hour online workshop for parents of primary-aged children

Workshop aims:

- ❖ Helping parents/ carers to have realistic expectations when working with their child at home.
- ❖ Thinking about priorities as parents/ carers at this time.
- ❖ Tips to make learning at home more manageable and enjoyable.

In the event of children returning to school, tips in this workshop will still help you to support your child's learning at home.



How do I sign up?

Please email islccg.sws@nhs.net

We will then email you the zoom link.

Please include:

- 'Working with your child at home' workshop
- The name of your child's school
- The age, gender and ethnicity of your child or children.

This data is stored anonymously and helps us to think about how we can reach more families.

Please contact us on this email if you have any questions.

We look forward to hearing from you!

When?

Tuesday 23rd February 2021

3:30-4:30pm

The workshops will be delivered online via zoom.
Please bring some paper and a pen along.

This workshop is run by the School Wellbeing Service. Parents/carers from three primary schools in Islington have been invited.

School Wellbeing Service