

THE PAKEMAN PRESS



**Pakeman
Primary
School**

Issue 8 Summer Term 2021

Friday 5th November 2021

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

Playcentre have Halloween Fun

Playcentre children and staff had a lot of fun on Monday with an exciting Halloween party. They had spooky treats and played some fun games. Many thanks to Vicky, Lee, Tara and Jackie for organising this lovely event for our playcentre children.



DATES FOR YOUR DIARY

Last Day of Term:
Friday 17th December

**First day back at school
for children:**
Wed 5th January 2022

Highbury Fields Park Run

This is a free, fun, and friendly 5k community adult event. Walk, jog, run, volunteer or spectate – it's up to you!

Where: Highbury Fields

When: Every Saturday

Time: 9am

Check the website for more details: [Park Run](#)



Bonfire Night

It's Bonfire Night on 5th November so many of you may well be out enjoying fireworks and sparklers. Please remember to stay safe as we know that fireworks can be dangerous. Do make sure you all follow the safety rules.



Firework Safety

- Fireworks should not be touched
- You must always be with an adult when watching fireworks
- Stand far back from both fireworks and bonfires
- Once a firework is lit, never go near it
- If an adult allows, always wear gloves when holding a sparkler
- Pets should stay indoors



@harrisandviolet.com

STARS OF THE WEEK



**Indigo
Lilac
Silver
Crimson
Yellow
Gold
Green
Pink
Purple
Orange
Brown
Red
Blue**

**Aliyah
Shaikayla
Adnan
Abdulwahab
Emily
Giran
Yaqub Ahmed
Masal
Nadira
Ayoob
Yahya
Luke
Alesha**

Well done superstars!

BBC Newsround have produced some video clips you might like to watch: [Stay Safe on 5th November](#)

The Summer Reading Challenge

The Summer Reading Challenge encourages children aged 4 to 11 to set themselves a reading challenge over the summer. This challenge has encouraged over 700,000 children, across the country, to keep reading to build their skills and confidence.

This year, the Summer Reading Challenge theme was **WILD WORLD HEROES**. The challenge aimed to inspire children to explore ways of helping to save the planet, with a focus on taking action for nature and tackling real-world environmental issues, ranging from plastic pollution and deforestation to wildlife decline and nature loss.

Over the summer, several children from Pakeman took part in the Wild World Heroes challenge in their own time. Maria in yellow class has sent in a lovely picture of herself with her reading challenge certificate.

There will be a winter challenge soon. If you would like to find out more about this please contact your local library or click on this link:

[Reading Challenge](#)

Very well done to all those Pakeman children involved. Keep up the great reading!



School Links with Ghana

In the summer term our school made contact with a school in Ghana. This was to share some of the books that we were no longer using at Pakeman to benefit other children in other parts of the world. As you see on these pictures the books were received a couple of weeks ago and have so far given immense pleasure to these children. We hope to continue working together in the future.



Attendance and Punctuality

Year Group	Best Attendance	Most Improved Attendance	Best Punctuality
EYFS & KS1	Crimson class	Under 96%	Gold class Yellow class
KS2	Orange class	Orange class	Purple class



Word of the week

ENVIRONMENTALLY-FRIENDLY

Definition: when something is not harmful to the environment.

Use of the word *environmentally-friendly* in a sentence:

Many people use environmentally-friendly washing powder to wash their clothes.



Ofsted

Ofsted and the Care Quality Commission (CQC) will carry out jointly, an inspection of your local area. The Children and Families Act 2014 places duties on the local health, social care and education services that provide for children and young people with SEND. The inspection will evaluate how effectively the local area:

- . identifies the needs of children and young people with SEND
- . meets the needs of these children and young people so that their outcomes and chances of participating fully in society improve.

The views of children and young people with SEND, and the views of their parents and carers will be gathered during visits to a number of early years settings, schools, colleges and specialist services. These views are critical to the inspection process. During the inspection, Ofsted and CQC inspectors will be keen to speak to as many children and young people and their parents and carers as possible. Inspectors **will not** be visiting your child's provision. Please click the link for full access to information: [LASEND letter to Area Parents](#)



Poppy Appeal

Children are being invited to make a donation to this year's Poppy Appeal. Poppies and related items can be purchased during the school day.

The other items available have a suggested donation amount from the British Legion:



Zip Pull 50p

Reflector 50p

Silicon Wristband £1

Snap Band £1.50

If your child wishes to purchase any of these items, please send the donation amount into school tomorrow.

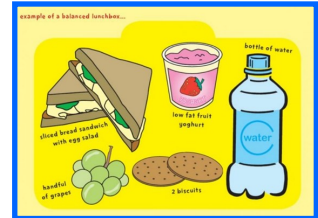


School Packed Lunches - How to stay healthy

Some parents and carers have asked for some guidance on how best to provide a healthy lunch box for their child at school.

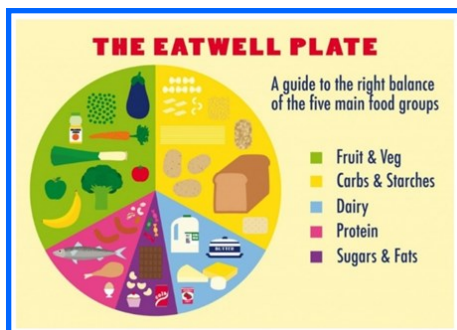
Change4life offer some good advice on how to put together a tasty and healthy lunchbox. Please check out the link for some great suggestions:

[Change4life - Healthy Lunchbox](#)



The [Eatwell Guide](#) is also very helpful.

This guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.



Did you know?

Most of us still are not eating enough fruit and vegetables. They should make up over a third of the food we eat each day.

Tip: Aim to eat at least 5 portions of a variety of fruit and veg each day.

Starchy food should make up just over a third of the food we eat.

Tip: Choose higher fibre wholegrain varieties, such as wholewheat pasta and brown rice.

Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins. They're also an important source of calcium, which helps to keep our bones healthy.

Tip: Try to go for lower-fat and lower-sugar products where possible, like 1% fat milk, reduced fat cheese or plain low-fat yoghurt.

Pulses, such as beans, peas and lentils, are good sources of protein, vitamins and minerals and good alternatives to meat because they're lower in fat and higher in fibre and protein, too.

Tip: If you eat meat then choose lean cuts of meat and eat less red and processed meat like bacon, ham and sausages. Aim for at least 2 portions of fish every week, 1 of which should be oily, such as salmon or mackerel.