

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 1 Spring Term 2022

Friday 21st January 2022

Playground Skip Initiative

We were delighted last week to invite Skipping Workshops into Pakeman. These workshops were very kindly donated by Tesco through their Community Grant Funding Scheme. As a school, we really wanted to explore ways to get the children more active following the Covid-lockdown. We felt that skipping was an activity that could easily be adapted into our PE curriculum and also be a regular fitness component in the playground.



Using the Tesco grant provided, we took the decision to buy some additional skipping ropes and then brought in Mary from Skipping Workshops. She was able to demonstrate both simple and more challenging skipping techniques. The children were really enthused by the skipping training and have been left with a genuine excitement about skipping. It was great to see Emma getting involved in our skip initiative too!



Tesco Community Grants work hard to help local communities by giving projects the boost they might need. So far Tesco Community Grant scheme has awarded more than £90 million to over 40,000 community projects. We are so grateful to have been selected in their recent awards and provided with funds to cover our skipping initiative. Thank you to Tesco for providing Pakeman children with this wonderful opportunity.



DATES FOR YOUR DIARY

Half term:

Monday 14th February

Friday 18th February



Please note:

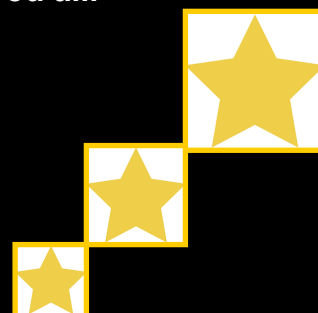
Holidays are **not** authorised during term time.

Unauthorised holidays could result in penalty charges being issued to parents and carers with parental responsibility.

STARS OF THE WEEK



This goes to Pakeman school's amazing staff for their continued hard work, dedication and commitment. A very big thank you to you all.





Attendance and Punctuality



Year Group	Best Attendance	Most Improved Attendance	Best Punctuality
EYFS & KS1	Gold class	Lilac class	Under 96%
KS2	Pink class	Red class	Under 96%



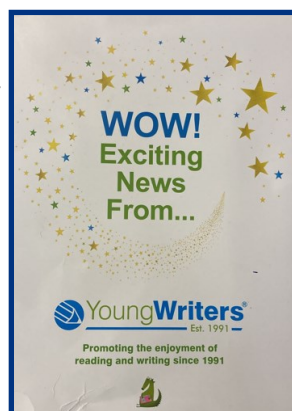
Watch Out, watch out - cars about!

Pakeman's Young Writers

We received some amazing news that 20 of our years 5/6 children were winners in the national **Young Writers Adventure Hunters competition**. All of our Pakeman winners were sent a certificate and a bookmark. They have also been offered the chance to have their short stories published, should they wish to.

The book 'Adventure Hunters - Amazing Authors' is scheduled for publication on 11th March 2022.

Pakeman will receive one free copy but the book will also be available for purchase at £16.99 once published.



Free Access to Sport

The Access to Sport team continue to offer an extensive programme of free sports coaching for residents of Islington, Hackney and Haringey.

The coaching team offer free sessions in a wide range of sports. These include football, archery, tennis, rugby, athletics, basketball, netball and more.

For further information and timetables please click on the link: [Access To Sports](https://www.access-to-sports.org/)



PE Kit Reminder

Please remember to make sure that your child has the appropriate kit for PE lessons. All items should be clearly marked with your child's name. Thank you.

Kit needed:

- ◇ Plain white T-shirt
- ◇ Black Shorts or black tracksuit bottoms
- ◇ Trainers/plimsolls
- ◇ Tracksuit for cold weather (optional)



Pakeman's First Historical Fiction Story Writing Competition!

Challenge:

Write a story (no longer than two sides of lined A4 paper) set in a specific historical time period. If you are in years 5/6 you might set your story during World War 2 in the 1940s for example, or if you are in years 3/4 you might set it during the Roman or Egyptian civilisations. Children in years 1/2 can write a story set in the prehistoric time of the dinosaurs!

Tips for Successful Stories:

- Include **details** which show you know what life was really like during that period. For example, you might include an air raid in your WW2 story. You could include details about daily life (including food, clothes, transport, battles or places) which show you really know how people lived in your set time period. Good **descriptions** of these sorts of things will make a successful story!
- Give your story a **title**.

Deadline: **Friday 25th February** (the week after half term).

Prizes:

Years 5/6 winner - a copy *Our Castle by the Sea* by Lucy Strange.

Years 3/4 winner - a copy of *Winter of the Wolves* by Tony Bradman.

Years 1/2 winner - a copy of *We're Going to find the Monster* by Malorie Blackman.



Help for Islington Children and Families

There are a large number of newly updated services available to support Islington children and families. These are both through the Council and in partnership with other organisations, including a range of voluntary organisations and mutual aid groups.



Contact the [We are Islington](#) helpline 020 7527 8222

Alternatively visit [Islington Support Services](#). This will give you access to more telephone numbers and contacts that may be helpful.

Financial worries

Domestic abuse

Worried about a child or young person?

Health Services

Childcare

Support for single parents

Coping at home

Keeping healthy: emotional wellbeing

Keeping healthy: physical health



NHS
Whittington Health
NHS Trust

Mindfulness and Parenting Workshop

Finding ways to stay calm can be a challenge for young children and their parents! Join us to explore how mindfulness could help bring some calm to family life.

 **Tuesday 15th February 2022**
13:00 – 15:00pm
Location: Zoom 

For parents with children aged **1-5 years** and parents who **live** or have a **GP** in **Islington**



A free online NHS workshop
For further information call **Dr Kirsty Stubbs:**
07775403688

To book a place, register online at:
<https://www.eventbrite.co.uk/e/mindfulness-and-parenting-tickets-240051740217>
Or **scan** the QR beside.



Families, Food & Feelings

Free 6- week healthy living programme for parents/carers of children and young people who struggle with excess weight and healthy eating

Free for Camden & Islington parents of children aged 5-17 years.

Join this friendly and supportive group to gain confidence & skills in helping your children live their happiest, healthiest lives.

Start date: 24 February 2022
Time: 10:00-11:30
Venue: Online Zoom sessions

NB: If this date and time aren't convenient, please still get in touch as we may be able to offer additional times.
For more information or to refer please email:
brandoncentre.healthyliving@nhs.net

