

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 2 Spring Term 2022

Friday 28th January 2022

Nursery Make Music

This half term, Nursery are making music as part of their new class topic. The children are learning to make music through play and by exploring lots of different musical instruments. They have also been listening to and enjoying a wide range of types of music including classical, reggae, pop, jazz and rock!



DATES FOR YOUR DIARY

Half term:

Monday 14th February

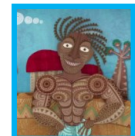
Friday 18th February



Story telling Week

National story telling week takes place from 30th Jan - 6th Feb. If you would like to enjoy some stories with your child at home click on the link below:

[Tales from around the world](#)



STARS OF THE WEEK



| | |
|---------|--------------|
| Indigo | Yusuf |
| Lilac | Aria |
| Silver | Savana |
| Crimson | Firdaus |
| Yellow | All children |
| Gold | in |
| Green | Years 1 + 2 |
| Pink | Joan |
| Purple | Richie |
| Orange | Ellen |
| Brown | Munisa |
| Red | Zuleka |
| Blue | Anisa K |

Well done superstars!



If you want to have fun exploring and making music at home why not check out some of the following BBC links:

[Thunder Jam](#)

[Songs in British Sign Language](#)

[YolanDa's Band Jam](#)

[Organising and Identifying Sounds - 5-7 year olds](#)



Pink Class Go To Forest School

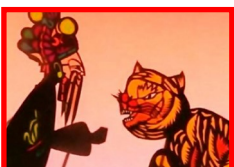
Pink Class had an amazing first session at Forest School this week. Everything from the walk to Finsbury Park, to taking the bus and finally running down the hill at Alexandra Palace was an adventure. The class will attend weekly sessions throughout this term. Forest School sessions are a fun and engaging way for children to experience a woodland setting whilst developing a connection and love of the natural world. This week, Pink Class saw mushrooms and made their own memory sticks. They also learnt important Forest School rules that will shape their future week's exploration of this wonderful forest space.



Chinese New Year - 恭喜发财

This year, Chinese New Year falls on Saturday, 1st February. The usual celebrations across London have been cancelled but there are many great online ways to celebrate and discover more about this festival. If you would like to learn more about Chinese New Year please click on the link: [CBBC](#)

[Chinese New Year 2022](#)



You might also like to listen to the story about how the animals of the Chinese Zodiac decided who would have which year named after them:

[Chinese New Year Story](#)

Pakeman's School Menu - Spring

| | | | | | | |
|--|------------------|---|---|--|---|---|
| WEEK 1 3 JAN, 24 JAN, 21 FEB 14 MAR, 4 APRIL | OPTION 1 | CHEESE /TOMATO PIZZA | BEEF LASAGNE | ROAST CHICKEN ROAST POTATOES | CHICKEN CHOW MEIN NOODLES | FISH AND CHIPS |
| | OPTION 2 | VEG TAGINE WITH COUSCOUS | VEG LASAGNE | MACARONI CHEESE | VEGETABLE PASTY CHEFS SPECIAL | GLAMORGAN BEAN & LEEK SAUSAGE |
| | VEG/SALAD | CAULIFLOWER, GREEN BEANS, RAINBOW SLAW | BROCCOLI, SWEETCORN, MIXED BEAN SALAD | CARROTS, GREEN CABBAGE, GREEN BEAN SALAD | ROASTED SQUASH, PEPPERS, MIXED LEAF SALAD | STEAMED PEAS, BAKED BEANS, POTATO SALAD |
| | DESSERT | PEAR CRUMBLE WITH CUSTARD, YOGHURT/FRESH FRUIT | MANDARIN CHEESECAKE, YOGHURT/FRESH FRUIT | APPLE, CHEESE & OATY BISCUITS YOGHURT/FRESH FRUIT | BANANA LOAF YOGHURT/FRESH FRUIT | YOGHURT & FRESH FRUIT |

| | | | | | | |
|--|------------------|--|---|--|--|--|
| WEEK 2 10 JAN, 31 JAN, 28 FEB, 21 MAR | OPTION 1 | CHICKPEA & VEGETABLE HOT POT | BEEF LASAGNE | ROAST CHICKEN & ROAST POTATOES | CHICKEN PIE, MASHED POTATO WITH GRAVEY | BATTERED FISH AND CHIPS |
| | OPTION 2 | BROCCOLI PASTA BAKE | VEGETABLE LASAGNE | VEGETARIAN WELLINGTON | QUORN PASTA BAKE | CHEESE AND RED PEPPER FRITTATA |
| | VEG/SALAD | ROASTED TOMATOES, BROCCOLI, COLESLAW | SWEETCORN, CORGETTES, SWEET POTATO POWER | CAULIFLOWER, CARROTS, COUS- COUS SALAD | RED CABBAGE, GREEN BEANS, ROAST VEG | STEAMED PEAS, BAKED BEANS, TOMATO PENNE SALAD |
| | DESSERT | EVE'S PUDDING WITH CUSTARD, YOGHURT/FRESH FRUIT | PEAR & GINGER SLICE YOGHURT/ FRESH FRUIT | MELON, BREAD- STICKS AND CHEESE, YOGHURT/ FRESH FRUIT | FIVE A DAY CAKE YOGHURT/FRESH FRUIT | YOGHURT & FRESH FRUIT |

| | | | | | | |
|--|------------------|---|---|--|---|--|
| WEEK 3 17 JAN, 7 FEB, 7 MAR, 28 MAR | OPTION 1 | MACARONI CHEESE | CHICKEN TAGINE COUSCOUS | ROAST TURKEY AND ROAST POTATOES | BEEF CHILLI & BEANS WITH 50/50 RICE | BREADED FISH AND CHIPS |
| | OPTION 2 | VEGETARIAN TORTILLA STACK | VEG CURRY JACKET POTATO WEDGES | JALLOF RICE, QUORN AND BEANS | ROASTED VEG CHILLI | VEGETABLE ENCHILADAS |
| | VEG/SALAD | PEPPERS, SLICED BEANS, GREEN BEANS | SWEETCORN & PEAS MIXED, APPLE/RAISIN SALAD | LEEKs, ROAST CARROTS, BEETROOT AND ORANGE SALAD | BROCCOLI, CAULIFLOWER, GRATED CARROT SALAD | STEAMED PEAS, BAKED BEANS, TABBOULEH |
| | DESSERT | RICE PUDDING WITH MIXED BERRIES, YOGHURT/FRUIT | APPLE/RAISIN STRUDEL WITH CUSTARD, YOGHURT/FRUIT | PINEAPPLE, CREAM CHEESE AND CRACKERS, YOGHURT/FRUIT | PEACH UPSIDE DOWN CAKE WITH CUSTARD, YOGHURT/FRUIT | YOGHURT & FRESH FRUIT |

NUT FREE SCHOOL

Please remember that we are a nut free school.

If your child brings packed lunch to school please do not send nuts or foods which contain nuts or sesame in your child's lunch (e.g. humus and sesame snap bars).

We have a number of children across the school who have food allergies. It is really important that we take this seriously.





Can this service help you and your family?

Growing Together is part of both child and adult mental health services in Islington. They work with families who have a child between one and five years of age.

The team is made up of psychologists, psychotherapists and family therapists who offer a range of interventions and support. All interventions are designed to support parents and children emotionally. They also aim to help children develop good routines, learn to manage their emotions, and build better relationships.

How to get an appointment

Please ask your health visitor, GP or staff at your local children's centre to refer you to **Growing Together**.

You can also self-refer by calling iCope:
Tel 0303 123 1000.



Parenting in the "new normal"

The hopes and challenges of raising a child in changing times

Join us to discuss how to take care of yourself and your child and manage uncertainty during the transition towards a "new normal".

A free NHS online workshop, run by Growing Together, open to all parents with children aged 1-5yrs. You must be an **Islington resident** or **registered with an Islington GP**.

Wednesday 2nd February 2022
11am – 1pm via Zoom

To book a place go to Eventbrite:

<https://www.eventbrite.co.uk/e/parenting-in-the-new-normal-tickets-239136693287>

For more information contact Dr Kirsty Stubbs: 07775403688



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



Reminders of some parent support groups available. If you need help to access any of these services please see Natalie in the playground or email: nbroomes@pakeman.islington.sch.uk