

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 3 Autumn Term 2022
Friday 23rd September 2022

Black History

At Pakeman, equality and diversity are part of our core values. Every year nationally, in October, Black History Month marks an opportunity to celebrate the achievements and contributions of black people.

This month, all classes will have additional lessons to celebrate Black History Month. These lessons will focus on Black British history, Black British heroes and local people. Staff and children will take inspiration from people in our local community. Children will also learn more about the life of Yvonne Connolly and the project that she has inspired across Islington schools.

We look forward to sharing this work with families through this newsletter, on Dojo and on our school website. We will also be inviting guest speakers to talk during an assembly and we will arrange musical performances. As always, our kitchen team will organise a special lunch for everyone in celebration of Black History month.

Pakeman staff plan to host a coffee morning for parents and carers to introduce our BHM plans, what the Connolly project is about and to ask for ideas. We also have plans to host a community evening in 2023 to celebrate Black British culture and our community through music, poetry and food.

In addition, we plan to enjoy a year long project in school, based on the book *'My Skin, Your Skin'* by Laura Henry-Allain. The book is suitable for all key stages and focuses on what Racism is and how to be anti-racist. Lessons inspired by this book will be explicitly about racism and how to be anti-racist.



The following link may be helpful:
['A Parent's Guide to Black Lives Matter'](#).

This document is for parents and carers to read and use with their children. It has information and resources for families to empower children to work towards racial equality.

For good book ideas please click on this [good books](#) link to enjoy these lovely, inspiring and educational books.



DATES FOR YOUR DIARY

**Forest School
Pink class**
Wednesdays this term

Half term:
Monday 24th October
-
Friday 28th October

Last Day of Term:
Friday 16th December

**First day back at school for
children:**

Wed 4th January 2023



STARS OF THE WEEK



Indigo	Melina
Lilac	Aadam
Silver	Isolde
Crimson	Arhaan
Yellow	Skylah Rae
Gold	Micah
Green	David
Pink	Shuaa
Purple	Lovelle
Orange	Aida
Brown	Asmaa
Red	Malone
Blue	Isa

Well done superstars!



Pakeman School Journey 2022



Last week, 34 year 5 and 6 children travelled by train for a week of adventure on their school journey. The group stayed at Howtown Outward Bound Centre in Cumbria and had the most wonderful week. They enjoyed mountain climbing, canoeing, tunnelling, abseiling, rowing and cliff jumping. They also went gorge walking and played team games and jumped into a very cold lake.

A huge thank you to all the staff involved (Emma, Estelle, Harry, Rob, and Tracey) for giving up their time so that the children could have such an amazing and memorable time.



Introduction to SEND in schools for parents and carers

This Level 1 non-accredited free course will provide you with knowledge and understanding of caring for or working with children with SEND (**Special Educational Needs & Disabilities**), key legislation, and support given in early years and schools.

There will be opportunities to talk to other parents about how to support a child with SEND.

This course offers an extension or progression to other Adult Community Learning childcare courses.



Course starting soon, register your interest today!

For more information and how to enrol contact Anna Stec on 07769 235 790 or email anna.stec@islington.gov.uk, alternatively email the tutor allison.mcclean@islington.gov.uk

You must be 19 or over, unemployed or low-waged to be eligible for our free courses.

SUPPORTED BY
MAYOR OF LONDON

ISLINGTON
For a more equal future

Yoga with WengYee

Come and practice together with me a combination of physical postures (asana), breathing practice and relaxation. Beginners welcome.

First session 14 September 2022

WEDNESDAYS
9.15am - 10.15am

THE LAB
PAKEMAN PRIMARY
SCHOOL

PRICE

Drop in - £10

Half term - £48 (6 sessions)

Concession rates available

please email me on wengyee6@gmail.com

Advance booking required
www.wengyee6.com



Low Cost Recipe Ideas

This week we are sharing a simple, low cost healthy recipe that families can make together. Enjoy!

Ingredients

- 1 medium leek
- 1 large carrot
- 1 small onion
- 1 stick celery
- olive oil
- 100 g split pea red lentils
- 500 ml veg stock
- 100 g frozen peas
- sea salt
- ground black pepper
- 2 tablespoons tomato purée
- 30 g Parmesan cheese
- 1 large sweet potato

Vegetable & Lentil Cottage Pie

Method

1. Preheat the oven to 180°C/350°F/gas 4. Trim, wash and finely slice the leek. Peel and dice the carrot, onion and celery.
2. Heat a splash of oil in a medium pan on a medium heat, add the leek, carrot, onion and celery. Pop the lid on and cook for 5 to 10 minutes, or until softened. Add the lentils, stock and peas, then bring to the boil, stirring regularly. Once boiling, reduce to a simmer and cook for 10 to 15 minutes, or until the lentils are cooked through.
3. Season to taste with sea salt and black pepper, then add the tomato purée. Scrub the sweet potato clean, then coarsely grate it into a bowl, toss with a little oil and a good few gratings of Parmesan.
4. Transfer the filling to a 15cm x 20cm ovenproof dish and sprinkle with the sweet potato. Bake for 15 to 20 minutes, or until the potato topping is golden and cooked through and the filling is piping hot.



Islington Town Hall
Upper Street
London N1 2UD

Telephone: 020 7527 2000
contact@islington.gov.uk
www.islington.gov.uk/costofliving

September 2022

Dear parent/ carer,

We are helping families with the cost of living

Welcome to the new school year! I hope you and your family had a restful and enjoyable summer and are looking forward to the school year ahead.

I'm writing to remind you of Islington's free school meals offer for some nursery and all primary school children, which is such an important part of our work to give children in Islington the best start in life, and helps families with the cost of living too, saving over £450 per year per child.

Islington Council is one of only a few local authorities in London to offer free school meals for all KS2 primary age pupils in local schools and to children aged 3 and above in council maintained nurseries, but you need to register. And if you have a child moving from primary to secondary school, you may also be eligible for a £150 school uniform grant.

Now more than ever, with the rising cost of living, many families are feeling the squeeze. So, I also wanted to let you know about other financial support and advice available from Islington Council and a range of voluntary and community groups across the borough. You will find details of support available for families on the reverse of this letter – from benefits maximisation through to help with childcare costs and help with your energy bills.

Registering your child to receive free school meals or applying for a uniform grant is quick and easy. Just go to www.islington.gov.uk/costofliving where you also find details of other ways to access cost of living support.

For more information about free school meals, please email reeschoolmeal@islington.gov.uk. Finally, I'd like to take the opportunity to wish your child every success for the coming school year.

Yours sincerely,



Councillor Michelline Safi Ngongo
Executive Member for Children, Young People and Families
Islington Council

If you would like this document in large print or Braille, audiotape, easy read or in another language, please telephone 020 7527 2000.

Do you need support to access Islington services?

 **We're helping**
with the cost of living crisis

Free, confidential advice to maximise your income

Contact the council for friendly advice and support. We can help you work out what benefits and financial support you are entitled to, whether you will be better off in work, including the affordability of childcare, and we can help you to make a claim.

Call **020 7527 8222**
Email heretohelp@islington.gov.uk
Visit www.islington.gov.uk/moneyadvice

Get help finding and paying for childcare

Our Family Information Service (FIS) can help with:

- Free early education for 2, 3 and 4 year olds
- Childcare for under 5s, including childminders and Islington's funded nurseries, and childcare for over 5s - after-school and holidays
- 30 hours free childcare
- Tax-free childcare
- Childcare through Universal Credit
- Islington Childcare Bursary

Call **020 7527 5959**; email fis@islington.gov.uk or visit www.islington.gov.uk/fis

Apply for a Childcare Bursary

If you live in Islington, are claiming benefits and have a child aged 0-16 (or up to 18 with disabilities) who needs childcare, you may be entitled to a Childcare Bursary. The bursary is there to help parents who are starting work, a work placement, or short-term training to pay for childcare. It does not need to be paid back.

Call **020 7527 5891** or visit www.islington.gov.uk/childcarebursary

Help with your energy bills

Our energy advice team can provide guidance on reducing energy bills and speaking to your energy suppliers regarding utility debt and billing issues, help you apply for water discounts, support with energy efficiency grant applications and signpost to other public health interventions. To speak to a member of the SHINE team:

Call **0300 555 0195** or **020 7527 2121** lines are open 9am-5pm, Monday-Friday.
Or text **07800 006 143** or visit shine-london.org.uk

Stay updated

Sign up for email updates on Islington news, events and other topics.
Visit www.islington.gov.uk/stayupdated

Join in the conversation

Follow [@islingtonbc](https://twitter.com/islingtonbc) on Twitter and search Islington Council on Facebook.

If your household income is feeling the squeeze, you'll find a wide range of support online at www.islington.gov.uk/costofliving

If you would like this document in large print or Braille, on audiotape or in another language, please telephone 020 7527 2000.

Our Child and Family Support Worker, Natalie, is available to help parents and carers to access a range of services in the borough.

Please look out for Natalie in the playground. You can also email her:

nbroomes@pakeman.islington.sch.uk

Or ring the school office to make an appointment:

Tel: **020 7607 2575**

