

THE PAKEMAN PRESS



**Pakeman
Primary
School**

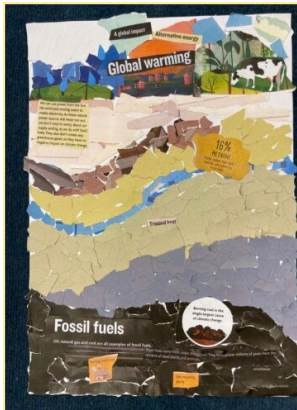
Thank you for taking the time to read this weekly newsletter.
We hope you will find its contents useful.

Issue 4 Spring Term 2023

Friday 3rd February 2023

Fossil Fuel Collage

Years 5 and 6 have been studying climate change and its causes and talking about fossil fuels. In art, they have been making collages. They used these collages to show the process of fossil fuels being crushed under sedimentary layers over millions of years. Amazing work - well done!



DATES FOR YOUR DIARY

Half term:

Monday 13th February

Friday 17th February



Thanks go to Marcia for arranging our two Movie Night events at Pakeman. It is a lovely way to bring children together after school and raise some funds for school at the same time.

Thank you!



STARS OF THE WEEK



Indigo	All children
Lilac	Ayaz
Silver	Mariah
Crimson	Asma
Yellow	Adnan
Gold	Imran
Green	Ashya
Pink	Almira
Purple	Abdullah
Orange	Richie
Brown	Emre
Red	Kayla
Blue	Alens

Well done superstars!



Safer Internet Day

If you would like to get involved in Safer Internet Day then take a look at the link below. It opens up a gallery of resources to help you celebrate the day in your home and make things safer for your children.

[Resources for parents – Safer Internet Day](#)



Safer Internet Day takes place every February





Attendance and Punctuality



Year Group	Best Attendance	Most Improved	Best Punctuality
EYFS & KS1	Under 96%	Under 96%	Silver Class
KS2	Orange Class	Orange Class	Red Class



Monday evenings are just the beginning

Come and find out what we're getting up to at 19th/23rd Islington

Duncombe Primary School, Sussex Way, N19 4JA

Beavers (6 - 8): 18:30 - 19:30

Cubs (8 - 10½): 18:45 - 20:15

Scouts (10½ - 14): 18:45 - 20:15

Term time only

Contact us: 1923islington@gmail.com



Families, Food & Feelings Parenting Workshop

Free online session for parents and carers of children aged 5-17 who live in or attend school in Islington or Camden.

7th February
10:00-12:00
Online session

The friendly facilitators provide strategies and insight to help parents feel confident in:

- Making mealtimes enjoyable
- Setting healthy boundaries
- Encouraging children to eat more fruit and vegetables
- Modelling healthy behaviours
- Understanding emotional eating
- Helping children to have a healthy relationship with food and more...

Please register for this session via the Eventbrite Link below:



Email brandoncentre.healthyliving@nhs.net for more information

Children's Mental Health Week

Children's mental health week is 6th - 12th February and this year's theme is 'let's connect!'



As parents and carers, you play an important role in your child's mental health. The link below will introduce you to many resources to help you encourage children to make connections that support their mental health! These resources are developed by Place2Be mental health experts.

[Children's Mental Health Week resources](#)



Families for Life Community Champion?

Families For Life are looking for volunteers to encourage families in Islington to get active and eat well. The Families for Life programme offers free healthy eating and active play activities for families with children aged 2 to 11. To get involved you should be:

An Islington resident Committed to improving the health of your community **Be able to volunteer 2 - 3 hours a week**

Families for Life Community Champions' Induction Training - FREE
23 February - 30 March 2022 (6 weeks) Islington Town Hall 9.30am – 12.30

For more information contact Natasha Miller, Community Champion Co-ordinator. Telephone on **07974604133** or email Natasha at natasha.miller@islington.gov.uk

Islington Council have a number of **free cycling courses and family bike rides**. These provide a great opportunity to learn some new cycling skills. Please see the events outlined.

Half term Bikeability

A programme of free **Bikeability courses for children** in the February half term holidays from **Monday 13 February to Friday 17 February**. These take place in a range of venues in **N4 and N1**.

- Beginners (age 5-12) – for children who can't yet ride without stabilisers
- Bikeability Level 1 (age 5-9) – learn bike control skills off road
- Bikeability Level 2 (age 9-12) – learn how to ride on quiet local streets



As part of the Level 2 course, there is also a **Led Ride on Friday 17 February**. Just arrive that day at the same venue you have attended that week at **1pm** and the instructors will take you on a fun tour of the local area. The ride will finish at the start point at 3pm. [Click here to book](#)

Fun ride

This family-friendly ride starts and ends at Highbury Crescent on Highbury Fields.

The ride will be marshalled by experienced cycle trainers. Families are very welcome. Children must be at least 8 years old and accompanied by an adult.



Date: 17th February - 9.30am (briefing and bike checks). The ride then starts at 10am and finishes at noon.

Places are limited and to take part you must book in advance. To book and get further details [click here](#)

Learn to fix your bike

Want some advice on bike maintenance? Want to learn how to fix a puncture or adjust your brakes?

Expert mechanics can show you how your bike works and teach useful skills to keep you riding.



Sessions run at these times:

- **Friday 17 February 10am - 12 or 1pm- 3pm**

Birchmore Hall, Highbury Quadrant, N5 2UA

Please bring your bike and any tools you have. Your bike doesn't even need to be broken - just pop in with it to learn something new.

Click [here](#) to book.

New cycle skills – for adults

Urban and advanced cycle skills – 1:1 on-road sessions

If you live, work or study in Islington, why not book yourself a **free adult cycle skills** session and become a confident road cyclist. We can teach any level, provide you with a bike and meet you in a location and a time that suits you. These adult 1:1 cycle skill sessions are supported by **Human Forest**. To learn more about learning to ride one of their eBikes, click [here](#).



Basic cycle skills – group beginner training (for adults unable to cycle unaided)

If you are not yet able to cycle unaided you can join a free adult beginner group, where you learn how to ride a bike in a safe, off-road environment with a qualified instructor. Learning takes place in a supportive group environment. Adult beginners' weekend sessions take place at **Haverstock Primary School, NW3**.

- **18 and 19 February**
- **18 and 19 March**
- [Click here to book your place](#)