

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 5 Spring Term 2023

Friday 10th February 2023

Reception Get Cooking

As part of their topic on 'Food', the reception children have been busy cooking this week. They found out how bread is made and produced a freshly baked loaf of bread as a class. They found it very exciting to see how much the bread had risen when they came in from their lunch break! They also worked well together to make a healthy couscous salad! Yum!



DATES FOR YOUR DIARY

Half term:

Monday 13th February

Friday 17th February



Why not try cooking a healthy couscous dish with your children, over the half term holidays. Check out this child friendly recipe.

[Couscous with kids](#)

Pakeman Governing Body

The time has come to say farewell to Janet Convery, our Head of Governors. We'd like to say a huge thank you for the dedication, time and energy Janet has given to us over the past 5 years. She has played a significant role in supporting our community and we are very grateful for the encouragement and guidance she has provided.

We also say goodbye to Marta Tildesley, a governor since 2018. Marta has been a great support and we thank her for the encouragement, warmth and time she has given to our school in her time with us. We send both Janet and Marta our best wishes for their future plans.



We are delighted to announce that Laura Popazzi will be our new Head of Governors. Laura has been on our governing body since 2020. We would now like to extend a warm welcome to Laura in her new role. We very much look forward to working alongside her.

STARS OF THE WEEK



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

Michael
Harley Rose
Fadwa
Brahim
Giran
Omar
Maria M
Aishah
Nawal
Masal
Danait
Abdullahi
Tanzila

Well done superstars!





Attendance and Punctuality



Year Group	Best Attendance	Most Improved	Best Punctuality
EYFS & KS1	Under 96%	Under 96%	Crimson Class
KS2	Brown Class	Brown Class	Orange Class Brown Class Blue Class

Pakeman Community Fridge

Watch out for more news about this very exciting new initiative taking place at Pakeman.

More information will be updated on Twitter and through this newsletter after half term.



Reducing food waste and
empowering communities

TRY OUT OUR COMMUNITY FRIDGE



THIS FRIDAY 2:30 – 3:15PM

IN THE LODGE

A Community Fridge is a space that brings people together to eat, connect, learn new skills and reduce food waste. It is a site where local people can share food, this includes surplus from supermarkets, local food businesses, producers, households and gardens.



SUPPORT
Local

GOALS

- REDUCING FOOD WASTE
- GETTING TOGETHER FOR A CHAT
- IDEA SHARING



BRING
A BAG

Immunisations Clinics - a chance to catch up

If your children have missed any vaccinations in school, please note the following catch-up clinics are available. This may be relevant for children attending Pakeman or for elder siblings:

Thursday 17 February, 10am - 2pm, Resource for London, Holloway Road, N7 6PA

Tuesday 28 February, 3.30-5pm, Lift, White Lion Street, N1 9PW

Thursday 16 March, 3.30-5pm, Resource for London

Tuesday 28 March, 3.30-5pm, Lift, White Lion Street



Catch-ups clinics are available for the following vaccinations:

- **Flu:** Reception - Year 9
- **HPV:** Year 8
- **DTP & meningitis ACWY:** Year 9
- **MMR:** Rec - Year 13



Half Term - Free Sports Coaching

Remember to check what is on offer this half term through the Access to Sport project. This project is updated frequently and delivers **free sports coaching** for residents of Islington, Hackney and Haringey.

Sessions include a range of sports, such as basketball, football, multi-sports, tennis, rugby, roller skating and more.

For further information and new timetables please click on the link: [Access To Sports](#)

Half term Bikeability - REMINDER

A programme of free **Bikeability courses for children** is available 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](#)



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