

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 6 Spring Term 2023

Friday 24th February 2023

Pakeman Choir at Wigmore Hall

As part of the Wigmore Hall's Learning Festival, to celebrate all things "Past, Present and Future", our Pakeman choir joined a host of professional musicians and singers for a wonderful concert. Thanks to Jack for organising the trip.



For details of support funded family workshops, concerts and events at Wigmore Hall click on the link:

[Family Events](#)



DATES FOR YOUR DIARY

**SCHOOL
CLOSED**

This is a reminder that the NEU teaching union, have declared more strike action. This will take place:

2nd March
15th March
16th March

Pakeman will be **closed 2nd March** - please DO NOT send your child into school on this day. We will advise you of arrangements regarding the following two dates as soon as possible.

Valentine's Day Biscuits

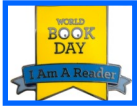
Breakfast Club did a great job in celebrating Valentine's Day this year. They surprised us with some delicious looking heart shaped biscuits - they looked too good to eat!



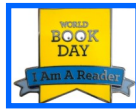
STAR OF THE WEEK



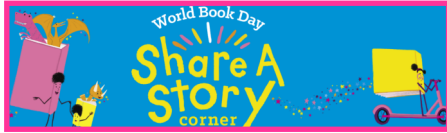
Huge congratulations to former Pakeman pupil Almera Abdi, recently elected as Islington's new Young Mayor. We are very proud of Almera.



World Book Day 2023



If you would like to celebrate World Book Day at home why not share some video stories with your child throughout next week. Click on the link for some handpicked children's stories suitable for EYFS and KS1: [Share A Story Corner](#)



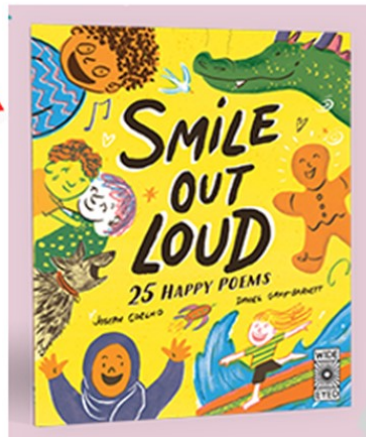
Healthy Snacks - Reminder

Children are now allowed to bring in a healthy snack for morning break. We have illustrated the two types of snacks that are considered healthy. Any snack not illustrated below will not be allowed. We all need to encourage our children to make healthy choices.



World Book Day 2023

PAKEMAN POETRY COMPETITION!



Write your own funny poem to make someone smile out loud!

Please hand your poem to your teacher or Rebecca by Friday 3rd March.

WINNERS and PRIZES will be announced the following week!

Storytelling workshops will also take place for the whole school next Tuesday and Wednesday to celebrate World Book Day. Phil McDermott, from Story Emporium, will return to Pakeman to tell us some of his exciting and engaging stories.

[The Story Emporium](#)





Take a look at these flyers for opportunities offering free community learning and support for adults.

If you need more details, or help to register, please speak to either Natalie or Marcia. You can find both in the school playground or call the school office:

Tel: 0207 607 2575

Family Learning Sessions

You are invited to come along to Pakeman:

Wednesday 1 st March 9-11am	Numeracy and Literacy for Parents and Carers of Year 1 and 2 children
Wednesday 8 th March 9-11am	Numeracy for Parents and Carers of Year 3 & 4
Wednesday 15 th March 9-11am	Literacy for Parents and Carers of Year 3 & 4
Wednesday 22 nd March 9-11am	Numeracy for Parents and Carers of Year 5 & 6
Wednesday 29 th March 9-11am	Literacy for Parents and Carers of Year 5 & 6

All sessions start at 9am - You can come to as many sessions as you would like, not just your child's year group.

For more information, please speak to Marcia or Natalie



Arsenal in the Community
Sector Insight Event
Tuesday 28 February
 Hornsey Road N7 7AJ

Start your sector career... 11am -2pm Entry FREE **Must book in advance for entry**

Creative Hub
 Explore activities and opportunities in the creative screen industries, including animation and games. Lots of hands-on practical activities on the day and follow-on insight sessions for you to book.

Hospitality Hub
 Be part of our free courses and join up with the UK's top hospitality school to make hospitality work for you! Free training with job outcomes in roles like housekeeping, school kitchens, major hotel chains, restaurant, bars and baristas.

Green Hub
 Meet the Green team to explore courses in Retrofit, Domestic Energy and Solar Thermal Systems, women only courses and support by our employability team.

Digital Hub
 Explore a number of free courses offered by the Digital Hub - UX, Coding, Cyber Security, Digital Marketing, Web Design, Shopify and E-Commerce. For beginners to advanced.

LIFT
 Meet and speak with our partners at the LIFT, Islington (Work and Islington ACL for employment and training opportunities and support.)

More information via Eventbrite - scan the code opposite

BOOK HERE

Got a query?
 creativehub@capitalccg.ac.uk

Capital City College Group
 PARTNER OF LONDON
 European Union

GET INTO UX DESIGN

(USER EXPERIENCE)

Not in full time work or education?

Live in Camden, Hackney, Islington or Tower Hamlets? Aged 18-30?

Naturally curious and like problem solving?



What makes you pick Spotify over Apple music, or Skyscanner over Lastminute.com?
 UX is the process of understanding and designing how users interact with digital products such as mobile apps and websites

▶ 10 WEEKS' FULL TIME COMMITMENT 5 DAYS A WEEK, CORE HOURS 10AM -3PM

Application now Open

Close date: 24th February

Programme:

Start date: 20th March

End date: 26th May

▶ STARTING SALARIES AT £22K, AVERAGE WAGE £54K WITH EXPERIENCE

Virtual with up to 2 days at one of the Prince's Trust centres, based in East London, Poplar and South London, Elephant and Castle

▶ FREE TRAINING WORTH THOUSANDS OF POUNDS

To apply, scan QR code or Email

Chyloe.Daley@princes-trust.org.uk

This programme is focused on supporting underrepresented groups in the tech sector including, women, people with disabilities or anyone from a Black, Asian or Minority Ethnic background.

For further information regarding eligibility please get in touch.



Please take a look at the Incredible Year Groups information in the leaflet below - provided by Whittington Health NHS Trust for future parenting.



Who are the groups for?

Incredible Years Groups are for parents and carers of children aged 1-6 years. There are two groups depending on your child's age:

Incredible Years Toddler:
Parents of children aged 1-3

Incredible Years Early Childhood:
Parents of children aged 3-6

Incredible Years Groups are for parents and carers who want to:

- Improve their child's behaviour
- Learn more about what behaviours are normal for children
- Meet other parents
- Learn parenting skills
- Feel more confident as a parent
- Feel less stressed about parenting

Who is the group run by?

The group is run by either a Family Support Practitioner or Family Engagement Worker and a CAMHS Clinician from Islington CAMHS. Both facilitators are experienced in running groups and helping families.

Islington CAMHS
Phone: 020 3316 1824
Date published: 06/08/2021

Groups starting in March 2023

**Bright Start South
Early Childhood 3-6yrs**
Thursdays mornings from 23rd March – 13 July
Barnetton Children's Centre
Brightstartsouth@islington.gov.uk
020 7527 4089
Shanaz Ara (Family Engagement Worker)
Fran Fiore (CAMHS Clinician)
f.fiore@nhs.net

**Bright Start Central
Toddler 1-3yrs**
Thursdays mornings from 23rd March - 13 July
The Factory Children's Centre
Brightstartcentral@islington.gov.uk
020 7527 8465
Melissa Jacques (Family Engagement Worker)
Georgina Merry (CAMHS Clinician)
georginamerry@nhs.net

**Bright Start North
Early Childhood 3-6yrs**
Fridays mornings from 24th March – 14th July
Andover Children's Centre
Brightstartnorth@islington.gov.uk
020 7527 8441
Yusuf Gurbuz (Family Engagement Worker)
Alice Jameson (Clinical Psychologist)
Alicejameson2@nhs.net

**Bright Futures 5-19
School Age Group 6-10 yrs**
Wednesday mornings from 22nd March – 12th July
[Pooles Park Primary School](mailto:Brightstartnorth@islington.gov.uk)
020 7527 4343
Anna Fleming (Family Support Worker)
anna.fleming@islington.gov.uk
Michal Ruzansky (Clinical Psychologist)
michal.ruzansky@nhs.net



Incredible Years Parenting Groups

A course for parents who want to learn how to get the best behaviour out of their children

Incredible Years Toddler:
Parents of children aged 1-3

Incredible Years Early Childhood:
Parents of children aged 3-6



What parents have said about the groups

"This course is not a lesson on what as a parent we are doing wrong – more so an insight as to how we can improve"

"Oh my! What changes haven't I seen?! It has become a joy to be a parent again and to enjoy my children the best way"

"I am feeling much more confident as a parent. I know how to react to specific situations. My child is behaving better. It was life changing for me"

"I have learned so much from sharing with the group and hearing about their experiences"

How can I find out more?

To register your [interest](#) you can contact talk to a Family Engagement Worker at your local children's centre stating the group you are interested in. The timetable is also on the Family Information Service website.

About Incredible Years

Programme aims

- Promote children's **all round** development (social, emotional, language & behaviour)
- Support parents' developing effective parenting strategies
- Increase parents' support networks
- Strengthen parents and children's relationships
- Provide a safe, non-judgemental space to think about and share ideas with other parents

Topics

- Parental attention and child directed play (promoting positive relationships)
- Child-directed coaching
- Social and emotional coaching
- Praise and encouragement
- Rewards & Incentives
- Rules & Routines
- Effective Limit Setting
- Handling misbehaviour

About the group

- The group will run for 13 or 14 weeks, term time only, at the same time each week
- There will be a maximum of 12 parents in the group

Before the group

- A group facilitator will contact you to think about whether the Incredible Years Group would be suitable.

During the group

- Each week we will focus on a topic, using a mixture of group discussion, watching **DVDs** of parents with their children and role playing ourselves
- There will be a home task each week to practice the strategies
- The facilitators will call you in the middle of the week to check how you are getting on and whether you have any questions about the material covered in the group
- As the group goes on, when you know one another a little more, we will encourage you to also make calls to a 'buddy' to help support each other.