

# 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 2023

Friday 6th October 2023

## Back to Gardening and Cooking with Marcia

Marcia has started back with her regular cooking and gardening classes. Here you see Divine harvesting and cooking with the runner beans that his brother, Daniel, planted in the spring.

The cooks also made tomato and runner bean bake with beans and tomatoes from our school garden. It looks really delicious.



## TasteEd at Pakeman

TasteEd is a form of sensory food education that delivers the National Food Strategy recommendations. They plan lessons for schools which give children the opportunity to experience the joy of fresh vegetables and fruits. Based on previous success, Marcia is delighted to have started this programme once again at Pakeman. She came across lots of tomato fans in children who had never wanted to try them before.



## DATES FOR YOUR DIARY

Half Term

23 Oct - 27th Oct

End of Term

Fri 22 December

## Early School Closure

Please note that, due to staff training, school closes promptly at 3:30pm on the following dates:

5th October 2023  
17th October 2023  
12th December 2023  
16th January 2024

## SUPERSTARS



All the children who went on school journey and behaved so well all week.

Well done Superstars



## Attendance and Punctuality

Year Group	Best Attendance	Most Improved	Best Punctuality
EYFS & KS1	Holly Class	Palm Class	3 + above
KS2	Banyan Class	Banyan Class	Olive Class



## Pakeman Welcomes An Ex Pupil

We had a lovely visit from Roberto this week. Like Gill, Roberto was a pupil at Pakeman many years ago. Gill gave him a grand tour of the school and he found his name in an old register. He told Gill how boys had to wear shorts whatever the weather and that Pakeman was the most desired school in the area.



## Umbrella Designs in Palm Class

Last week, Palm class came up with some amazing umbrella designs as part of their science work. We hope that they get to make some real umbrellas and look forward to seeing them if they do! Take a look at these fantastic designs.



## Well Done Oussamma

We would like to congratulate Oussamma in Olive class.



Oussamma recently took part in a British Taekwondo championship and won a Silver medal. We are very proud of his achievement and wish him well in future tournaments.





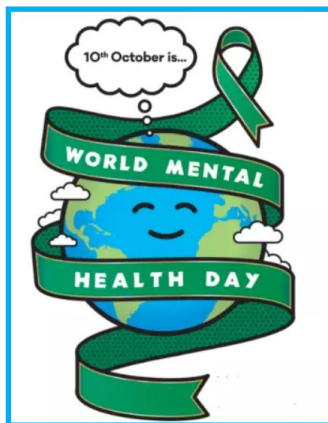
## World Mental Health Day

At Pakeman, we will be celebrating World Mental Health Day on **Tuesday 10th October**. Children and adults can come to school wearing yellow.

Every year World Mental Health Day takes place on 10 October. The theme for 2023, set by the World Foundation of Mental Health, is

### 'Mental health is a Universal human right'

World Mental Health Day is about raising awareness of mental health. It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling.

A promotional graphic for World Mental Health Day. It features two young women smiling and wearing yellow leis and a yellow hat. Below them is a graphic that says 'STAND OUT AND SHOW UP' with a rainbow and a pencil icon. The background is yellow.

**Say yes to wearing yellow this World Mental Health Day and donate to YoungMinds in support of young people's mental health.**

#HelloYellow M&S | YOUNGMINDS

The School Wellbeing Service (SWS) logo, featuring a stylized 'SWS' and the text 'School Wellbeing Service'. Below the logo is a photo of a smiling family consisting of a man, a woman, and two children.

### Information for Parents and Carers

**What is the School Wellbeing Service (SWS)?**  
The SWS is a team of mental health practitioners that support families and schools to help children and young people stay and get back to being emotionally healthy.

**When might you benefit from our support?**  
If you have concerns about your child's emotional wellbeing or if you have noticed any of the following affecting family or school life:

- Having fears or worries
- Feeling sad or angry
- Difficulties sharing feelings and having outbursts
- Difficulties following rules and requests
- Difficulties with friendships or siblings

Logos for MHA, NHS North Central London, NHS Whittington Health, and ISLINGTON are at the bottom.

### What we offer

We offer a range of work to help, including:

- GUIDED SELF-HELP (GSH) INTERVENTIONS**
  - In primary schools, we support parents and carers using GSH interventions based on Cognitive Behavioural Therapy (CBT) principles
  - In secondary schools, we offer 1:1 sessions of GSH with YP
- GROUPS, WORKSHOPS, AND ASSEMBLIES FOR PUPILS**  
On mental health themes such as:
  - Understanding and managing emotions
  - Building confidence and self-esteem
- GROUP WORKSHOPS FOR PARENTS AND CARERS**
  - Understanding and managing your child's anxiety
  - Positive parenting strategies
  - Supporting your child with secondary transition
- GROUP WORKSHOPS FOR STAFF**
  - Understanding and managing pupil's anxiety
  - Staff wellbeing
  - Emotional school based avoidance

### What to expect

As a parent or carer, accessing support from the SWS will involve:

- Around 8 one-to-one sessions
- Help for you and your child to learn and practice new ways of managing difficulties
- Linking with your child's school and other services that could help if necessary

### How to get in touch

islccg.sws@nhs.net 020 3316 1824

If you think we can help and would like to get in touch with our service, please speak to a member of school staff who will be able to help make a referral to us.

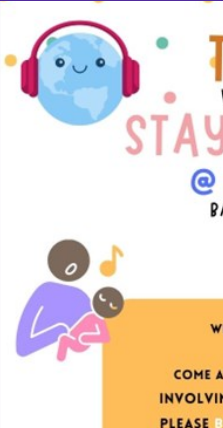


**TODAS**  
WORLD MUSIC  
**STAY AND SING**  
**@ PAKEMAN**  
BABY - 3 YEAR OLDS

**WEDNESDAY'S 9:00 - 10:00 IN THE LODGE**  
WEDS 18TH OCTOBER - WEDS 29TH NOVEMBER 2023

COME AND JOIN A FUN ACTIVITY WITH YOUR CHILD INVOLVING SONGS, STORIES AND NURSERY RHYMES PLEASE BRING/ THINK OF A STORY OR SONG FROM YOUR COUNTRY OF ORIGIN TO TEACH TO YOUR CHILDREN

A RELAXED ATMOSPHERE WITH TEAS AND COFFEE'S AFTERWARDS

**TODAS**  
WORLD MUSIC  
**STAY AND SING**  
**@ PAKEMAN**  
BABY - 3 YEAR OLDS

Quédete y canta para el bebé y los padres en Pakeman.  
Miércoles 9am - 10am en The Lodge

পাকেমানে শিশু এবং পিতামাতার জন্য থাকুন এবং গান করুন  
বুধবার সকাল 9 টা - 10 টা লজে  
Pākēmyānē śīśu ēbarī pitāmātāra jan'ya thākuna ēbarī gāna karuna  
budhabāra sakāla 9 tā - 10 tā lajē

Pakeman'da kalıp bebek ebeveyni için şarkı söyleyin  
Çarşamba günleri 09:00 - 10:00 arası The Lodge'da


joog oo u hees ilmaha iyo waalidka pakeman  
Arbacada 9 subaxnimo - 10 subaxnimo gudaha Lodge

reste et chante pour bébé et ses parents à pakeman  
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**YOUR VOICE MATTERS**

**HOUSING AND LIFT REPAIRS**  
**COFFEE MORNING**

DO YOU LIVE ON HARVIST ESTATE?  
ARE YOU STRUGGLING WITH THE LIFT OR ON-GOING REPAIRS?  
DO YOU WANT TO BE PART OF THE CHANGE?



JOIN US AT OUR COFFEE MORNING

**9AM WEDNESDAY 11TH OCTOBER 2023**  
**IN THE LODGE**



Please speak to Natalie, our Child and Family Support Worker, if you need any more information about these events.

You can find Natalie in the playground or you can contact her by email or the school office:

[nbroomes@pakeman.islington.sch.uk](mailto:nbroomes@pakeman.islington.sch.uk)

Tel: **020 7607 2575**





## Dental Care

A dental surgery in Islington - "Dental Beauty" are running an event for children in Islington to have their teeth checked on **14<sup>th</sup> October**. They will be able to offer space as an NHS patient (**age 4-16 for those who do not have regular access to an NHS dentist**).

For full further details on how to access this event please look at this leaflet:

**DENTAL BEAUTY**  
ISLINGTON

WELCOMING NEW **NHS** PATIENTS

**Magical Dental Check-Up Day**  
Saturday 14<sup>th</sup> October, 9am - 3pm

**Goody Bags** **Magician**

**Surprises galore!**

In Partnership with  
**KULZER** **HSC** **THE MAGIC DENTIST**  
Henry Schickel Centre  
Happy Health Happens

Turn over for full details on our FREE Magical Dental Check-up Day →

**Join us for a Magical Dental Check-Up Day on Saturday 14<sup>th</sup> October**

**Dental Check-Ups**  
Our team of experienced and friendly dentists will be on hand to provide comprehensive dental check-ups, ensuring each child receives personalised attention and care.

**Goody Bags**  
Every child attending the event will receive a delightful goody bag filled with dental care essentials and some surprises that are sure to bring a smile to their faces!

**Magician Extravaganza**  
Prepare to be amazed as we have arranged a fantastic magician show to entertain the children, making the day full of wonder.

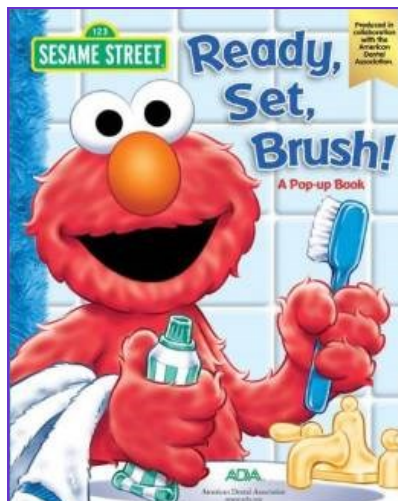
**Surprises Galore!**  
Throughout the event, we have planned numerous surprises. From interactive games to engaging activities!

This event is completely free of charge, and we welcome children between the ages of 4-16 who do not have regular access to dental care.

**Limited places available - book now!**  
020 7359 6103 • info@dentalbeautyislington.co.uk  
103-104 UPPER STREET LONDON N1 1QN

## Did you know? ...

- A quarter of 5 year-olds have tooth decay when they start school.
- The average amount of school days that are missed yearly due to dental problems is three days.



**6+ years**

**Top tips for teeth**

**change 4 life**

**Twice is nice!**  
Teeth should be brushed at least twice a day, once before bed and once at any other time that suits your family routine.

**Little mouths need less toothpaste**  
Kids over six only need a small amount of toothpaste.  
**6+ years**

**Spit, don't rinse**  
Your kids need help brushing their teeth until they are at least seven years old.  
When we brush, our toothpaste builds a protective layer of fluoride around our teeth. If you rinse your mouth with water, you wash it all away. Spitting will do just fine.

**Make fluoride your friend**  
Ask your dentist about fluoride varnish to make your child's teeth stronger. All children over 3 years can have this and your dentist may recommend it for younger children too, if they think they may get tooth decay.  
The amount of fluoride in your toothpaste can usually be found on the side of the tube or on the packaging. Toothpaste that contains 1350 to 1500ppm fluoride gives your child the best protection.

**Be Sugar Smart**  
Avoid sugary foods and drink before bedtime. They should be eaten less often and only at mealtimes. Remember, plain water or lower fat milks are best.