

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 Autumn Term 2023

Friday 13th October 2023

Black History Month 2023

This month presents an opportunity for children and young people to learn more about Black history and to celebrate the contributions that Black people have made to society.



This year, Black History Month is dedicated to honouring the many achievements of Black women, with the theme of 'saluting our sisters'. This theme highlights the crucial role that Black women have played in shaping history, inspiring change, and building communities.

At Pakeman, we have been celebrating pioneering Black women and learning about some of the remarkable contributions these women have made. Earlier this week, children took part in a special assembly. Throughout this month, all children will produce artwork relating to the 2023 theme which will be showcased in an art exhibition in school. Writing assignments, story telling and a special lunch will also take place.

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:

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

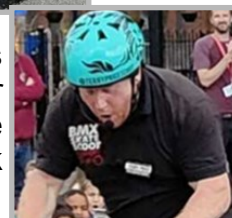
Scooter Tricks Workshop

We were very lucky to have a visit from the 2007 World scooter tricks champion, Terry Hill.

Terry spent the day with Year 3 pupils, teaching them a range of tricks and building their confidence in scooter riding. He also gave a whole school assembly where he performed some amazing tricks including a scooter backflip! He talked to the children about self-belief and the importance of practising to get better at something. His motto is **'Practise makes progress!'**



The reason that Terry visited our school is because Maria in Banyan Class won a poster competition recently. Part of the prize was free workshops and an assembly with Terry. Thank you Maria!



SUPERSTARS



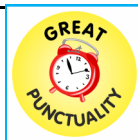
Elm	Cornelius
Pine	Icea
Cherry	Lily
Holly	Aadam
Maple	Noah
Willow	Asheena
Palm	Yahya
Banyan	Kayla
Olive	Samyar
Cedar	Cece
Mahogany	Mohamad
Eucalyptus	Adam
Sequoia	Scarlett

Well done Superstars



Attendance and Punctuality

Year Group	Best Attendance	Most Improved	Best Punctuality
EYFS & KS1	Palm Class	Under 96%	Holly Class Palm Class
KS2	Eucalyptus Class	Eucalyptus Class	Cedar Class



Parent/Carer/Teacher Meetings

Meetings will be on the following dates:

20th November - Nursery and 2+

21st November - year 3/4

22nd November - reception

23rd November - year 1/2

24th November - year 5/6

Please remember to sign up for a teacher meeting. Thank you.

Egyptian Overlay Printing

Year 3 have been busy doing some Egyptian overlay printing of their hieroglyphs. They did this by carving a shape into their blocks to print the light colour then restoring and adding details to print a darker colour over the top.



If you'd like to join year 3 and find out more about Ancient Egyptian life then take a look at the following link: [Ancient Egypt](#)



Fundraising Success!

We are delighted to share with you a few very exciting fundraising successes this month!

- £20k for Place2Be therapy support for children
- £500 for science workshops for every class
- 100 children tickets to go and see Wishmas at the theatre
- Funding to pay for Phil the storyteller to come in every term this academic year
- Funding for 'Pumpkin workshops'
- Slime workshops
- A breakfast club Kelloggs grant



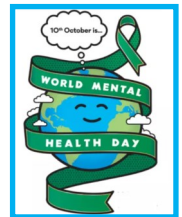
A huge thank you to Marta and Emma for their amazing work in securing these much-needed funds for our children.

World Mental Health Day

At Pakeman, children and adults joined in with the awareness celebrations around World Mental Health Day with many coming to school dressed in yellow. Louise and the children in our 2+ centre had a lot of fun.



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



TODD
EL MUNDO
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



Bright Start

Why not visit your local Children's Centre and find out what's going on for families with under 5s including indoor, outdoor and online activities. You can also talk to staff about free early learning in your area.

For details of the weekly timetable please click:

[Bright Start: Weekly Timetable](#)



FAMILY WORKSHOPS FOR CHILDREN IN MAINSTREAM SCHOOLS:

NHS WHITTINGTON ARE RUNNING A SERIES OF WORKSHOPS FOR THE ACADEMIC YEAR 2023-2024.

SENSORY PROCESSING WORKSHOP (VIRTUAL):

The workshop is helpful for parents / carers supporting children and young people with sensory processing difficulties impacting on their participation in common childhood occupations such as dressing, bathing, toothbrushing, play.

What to expect:

- To learn more about how we and children/young people sense and experience the world around us.
- To explore and compare our sensory preferences to our children's/young people's sensory preferences.
- To explore and consider how your child's/young person's sensory preferences may be affecting their participation and ability to engage in everyday tasks.
- To identify functional goals to focus on at home.
- To identify strategies which will help your child/young person achieve their goals.

SUPPORTING SLEEP AT HOME (VIRTUAL OR FACE TO FACE):

This workshop is for parents / carers who are experiencing difficulties supporting their child or young person with sleep related to sensory, physical or environmental barriers.

What to expect:

- Understand why sleep is important and what healthy sleep patterns look like in children
- Practical strategies encourage healthy sleep routines
- Problem solving session to identify goals around sleep, identifying what the barriers are and identifying individualised strategies to try at home.

SUPPORTING TOILETING DIFFICULTIES AT HOME (VIRTUAL):

This workshop is for parents / carers for children and young people who are experiencing challenges around toileting at home or at school related to sensory, physical or environmental barriers.

What to expect:

- To learn about bladder and bowel health in children with additional needs
- To understand about typical development with toilet training and when / why things go wrong
- To learn strategies to support children to use the toilet independently at home.
- Problem solving session to identify goals around toileting, identifying what the barriers are and identifying individualised strategies to try at home.

DATES AND HOW TO BOOK:

DATES:

Toileting workshop VIRTUAL
31st January, 2024 10am – 11.30am via TEAMS.

Sensory Processing Workshop VIRTUAL:
9TH May 2024, 9.30-12.30am via TEAMS.

Supporting sleep at home VIRTUAL:
5th March 2024, 10am – 11.30am via TEAMS.

OR:

Supporting sleep at home FACE TO FACE:
13th June 2024, 10am – 11.30am at
The Whittington Education Centre. Whittington Health NHS Trust
Magdala Avenue
London N19 5NF

Dental Care

A dental surgery in Islington - "Dental Beauty" are running an event for children in Islington to have their teeth checked on **14th 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 14th 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 14th 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.

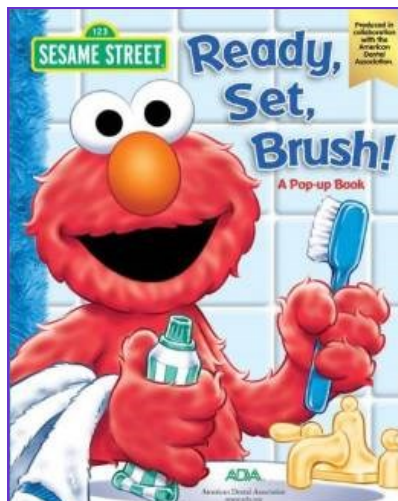
Surprises Galore!
Throughout the event, we have planned numerous surprises. From interactive games to engaging activities!

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 **change 4 life**

Top tips for teeth **2** **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.