

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.

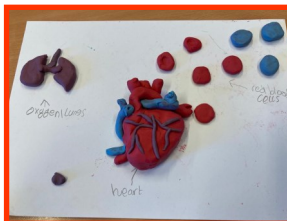
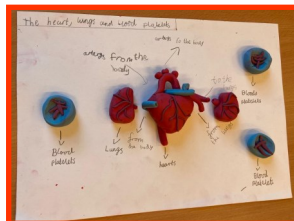
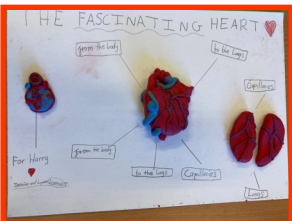
Issue 7 Autumn Term 2023

Friday 10th November 2023

Science at Pakeman

Year 5 and 6 have been leaning about the circulatory system in science this week. They learnt that blood is made up of clear plasma, red and white blood cells and platelets.

They used plasticine to make their own hearts with blood vessels attached.



They also made their own blood soup!

If you want to find out more about how the heart works click on the link: [How the heart works](#)

DATES FOR YOUR DIARY

Teacher Meetings will be on the following dates:

20th November - Nursery and 2+

21st November - year 3/4

22nd November - reception

23rd November - year 5/6

24th November - year 1/2

Early School Closure:

Prompt school closure 3:30pm on:

12th December 2023

16th January 2024

End of Term

Thurs 21 December

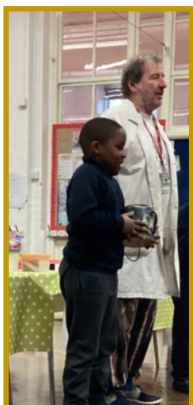
1.30 Finish

All 2023/2024 + 2024/2025 appear on the last page of this week's newsletter.

National Chemistry Week

This week, as part of National Science week, several classes tried out some whacky chemistry experiments. *Sublime Science* also provided a fun morning of workshops, thanks to generous funding from The Royal Society of Chemistry. Each child went home with a

Pakeman Primary Chemistry Crazy sticker, with the intention that parents and carers have a conversation at home about what children learnt this week.



SUPERSTARS



Elm
Pine
Cherry
Holly
Maple
Willow
Palm
Banyan
Olive
Cedar
Mahogany
Eucalyptus
Sequoia

Willow May
Malak
Taha
Nova Rae
Emily L
Zaineb
Keira
Cimran
Ritaj
Emily
Suhayla
Elanur
Shardonnay

Well done Superstars



Attendance and Punctuality

Year Group	Best Attendance	Most Improved	Best Punctuality
EYFS & KS1	Palm Class	Palm Class	Holly Class
KS2	Sequoia Class	Cedar Class	Sequoia Class



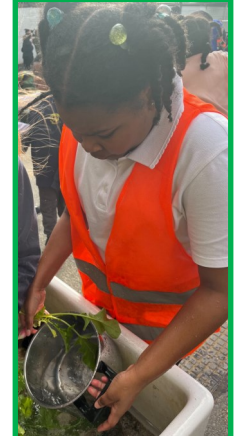
Pudsey Day - Children In Need

We are holding a 'Pudsey' themed non-uniform day **Friday, 17th November** to support BBC Children in Need. Please try to come to school dressed in as much yellow or spotty clothing as possible. If you don't own anything yellow or spotty then come in wearing your own clothes. **If you can, please bring in a donation of £1 to support 'Children in Need'.**



Harvest Time

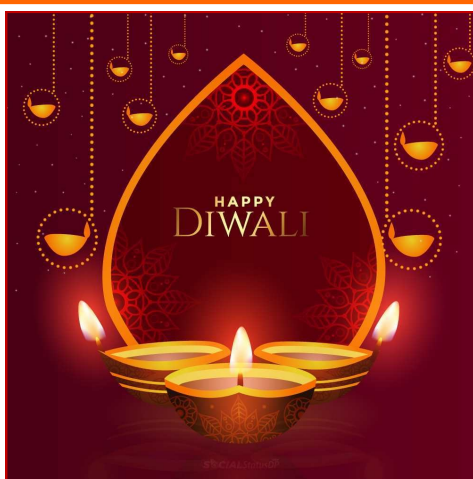
Our Pakeman gardeners have just had their first big harvest of radishes. They all tried them and decided they were quite delicious, crisp and peppery.



Agents for Change

Our school councillors recently attended the **Agents for Change** student council trip, where they learned what to do if witnessing identity based bullying.

This event was attended by young people and teachers from other schools. Everyone took part in a range of interactive workshops. Children planned useful steps to bring back to school to spread the word about how to reduce bullying. Thank you to our brilliant school councillors for their great ideas!



This weekend is the festival of Diwali, when millions of people of the Hindu, Sikh and Jain faiths come together to celebrate the start of new beginnings.

Diwali 2023 - Festival of Light



Todo El Mundo

Thanks to Natalie, families enjoyed a great second week at our Todo El Mundo World Music (Stay and Sing under 3's group). This week's music included a Somali song called [Huuwaya Huuwa](#), introduced to us by one of our lovely parents. It was wonderful to include both our families and the 2+ children.



Anti-bullying Week - Poster Competition

Anti-bullying week is next week, 13-17 November, and Pakeman will be entering a poster making competition. The prize is a £100 voucher for art supplies for our school.

Please help by designing a super poster. This can be a homework assignment. All poster designs must be given to your class teacher by 23rd November.



Aim to design a poster featuring your very own anti-bullying hero. Think about the qualities that a hero might have to put an end to bullying. Your hero might have huge feet to stomp out bullying or superhuman hearing powers to listen for unkind words? **BE CREATIVE!**

With your poster, you must include the following information on the back:

- **Your name** **Your age** **Name of our school.**

Get designing your fantastic poster - you could help Pakeman to win an amazing cash prize!

Odd Socks Day

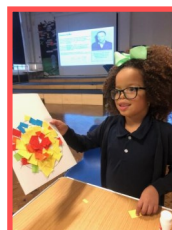
Also in celebration of Anti-Bullying week is **ODD SOCKS** day on Monday. An assembly will be held on Monday for children and staff so they can share their odd socks. This day provides an opportunity for schools to have fun and spread awareness of the core values that Anti-Bullying week promotes. It's an opportunity for everyone to express themselves and celebrate what makes us all unique!



Black History Art Exhibition

Thank you to our parents and carers who came along and supported our Black History art exhibition. Children from across the school have been very creative and produced some wonderful work.

Thanks also to all our staff for the lovely, creative ideas they came up with so that children could enjoy these activities.



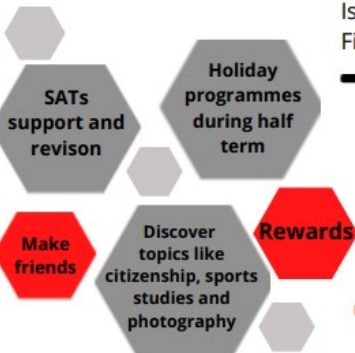
IntoUniversity 
SIGN UP FOR **FREE**

PRIMARY ACADEMIC SUPPORT

IntoUniversity provides a **free*** after school programme supporting with numeracy, literacy and homework.

We also provide a fun educational curriculum and activities linked to the national curriculum!

*criteria dependent



Who: Children ages 7-11
When: 3:45pm - 5:15pm on Tuesdays or Wednesdays
Where: IntoUniversity North Islington, 29 Marriott Road, Finsbury Park, N4 3QN

To sign up:



020 3602 4961

northislington@intouniversity.org

Brandon Centre

Families, Food & Feelings Parenting Workshop

Free online session for parents and carers of children aged 5-17 who live in, are registered with a GP or attend school in Islington or Camden. This workshop is suitable for parents of children or teens who are above a healthy weight.

Date: 5th December
Time: 10:00-12:00
Online

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

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

Register via the link below:

<https://forms.office.com/Pages/ResponsePage.aspx?id=h3u6cuwYcEajMx1Axlkm74zITBVDgZDn8q3fVbGORBUOfdTUDBQUUtVOEtGME5MTFNRUJZaTzdCMIQOCNOPWcu>

Email brandoncentre.healthyliving@nhs.net for more information

CHRISTMAS

THURSDAY DECEMBER 14TH, 2023

WINTER FAIR

Pakeman Primary School



WE NEED
YOUR HELP

We need a minimum
of 10 parent
volunteers

SUPPORT



WORK
TOGETHER!

Pakeman Primary School

SCHOOL HOLIDAY DATES

TERM DATES 2023 -2024

Autumn Term

Wednesday 6th September 2023 – Thursday 21st December 2023

- Christmas Day: Monday 25th December 2023
- Boxing Day: Tuesday 26th December 2023
- New Year's Day: Monday 1st January 2024

Spring Term

INSET DAYS (1) Monday 8th January 2024

Tuesday 9th January – Thursday 28th March 2024

- Half term: Monday 12th February - Friday 16th February 2024
- School holiday: Friday 29th March - Friday 12th April 2024
- Good Friday: Friday 29th March 2024
- Easter Monday: Monday 1st April 2024

Summer Term

INSET DAYS (1) Monday 15th April 2024

Tuesday 16th April – Tuesday 23rd July 2024

- Half term: Monday 27th May - Friday 31st May 2024
- May Bank holiday: Monday 6th May 2024
- Spring Bank holiday: Monday 27th May 2024

INSET DAYS (1) Wednesday 24th July 2024

TERM DATES 2024 -2025

Autumn Term

INSET DAYS: Monday 2 September and Tuesday 3 September
Wednesday 4 September 2024 – Friday 25 October 2024

• Half term: Monday 28 October 2024 - Friday 1 November 2024
Monday 4 November 2024 – Friday 20 December 2024

- Winter holiday: Monday 23 December 2024 – Friday 3 January 2024

Public holidays: Christmas Day: Wednesday 25 December 2024
Boxing Day: Thursday 26 December 2024
New Year's Day: Wednesday 1 January 2025

Spring Term

INSET DAY: Monday 6 January

Tuesday 7 January 2025 – Friday 14 February 2025

• Half term: Monday 17 February 2025 – Friday 21 February 2025
Monday 24 February 2025 – Friday 4 April 2025

- Spring holiday: Monday 7 April 2025 – Monday 21 April 2025

Public holidays: Good Friday: Friday 18 April 2025
Easter Monday: Monday 21 April 2025

Summer Term

Tuesday 22 April 2025 – Friday 23 May 2025

• Half term: Monday 26 May 2025 – Friday 30 May 2025
Monday 2 June 2025 – Friday 18 July 2025

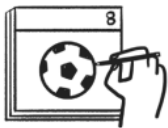
- Secondary Transition Day: Thursday 3 July 2025

Public holidays: May bank holiday: Monday 5 May 2025
Spring bank holiday: Monday 26 May 2025
August bank holiday: Monday 25 August 2025

INSET DAYS: Monday 21 July and Tuesday 22 July 2025

New Ways November 2023

MONDAY



6 Try out a new way of being physically active

13 Do something playful outdoors - walk, run, explore, relax

20 Make a meal using a recipe or ingredient you've not tried before

27 Join a friend doing their hobby and find out why they love it

TUESDAY



7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Discover your artistic side. Design a friendly greeting card

WEDNESDAY

1 Make a list of new things you want to do this month

8 Plan a new activity or idea you want to try out this week

15 Build on new ideas by thinking "Yes, and what if..."

22 Find a new way to tell someone you appreciate them

29 Enjoy new music today. Play, sing, dance or listen

THURSDAY

2 Respond to a difficult situation in a different way

9 When you feel you can't do something, add the word "yet"

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for new reasons to be hopeful, even in tough times

FRIDAY

3 Get outside and observe the changes in nature around you

10 Be curious. Learn about a new topic or an inspiring idea

17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently

SATURDAY

4 Sign up to join a new course, activity or online community

11 Choose a different route and see what you notice on the way

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way

SUNDAY

5 Change your normal routine today and notice how you feel

12 Find out something new about someone you care about

19 Broaden your perspective: read a different paper, magazine or site

26 Try out a different radio station or new TV show



ACTION FOR HAPPINESS

Happier · Kinder · Together