

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 2024

Friday 9th February 2024

Boogie Mites

Sharon from Boogie Mites lead a fantastic workshop with 2+ and nursery children last week. This was to compliment their topic this half term - 'Making Music'.



The children explored songs and rhythms using puppets and percussion instruments. The workshop was very interactive and inspirational and all the children loved using the colourful instruments. Sharon was amazing and captured every child's attention. The bubbles were also hugely popular at the end.

DATES FOR YOUR DIARY

Half Term:

Monday 12th February

Friday 16th February

End of Term:

Thursday 28th March
School closes 1.30pm



SUPERSTARS



| | |
|------------|-------------|
| Elm | Majid |
| Pine | Ezra |
| Cherry | Bryan |
| Holly | River-Blu |
| Maple | Ridwan |
| Willow | Adam A |
| Palm | Nassima |
| Banyan | Ethan |
| Olive | Aisha |
| Cedar | Amos |
| Mahogany | Aysha |
| Eucalyptus | Bonnie-Anne |
| Sequoia | Taslima |

Well done Superstars



Containers Needed

During the workshop, Sharon used different instruments that were made from recycled items. The children would like to make their own recycled drums in school. If you have any empty powdered milk containers, like the one in this photo, please bring them into school. Many thanks.



Attendance and Punctuality

| Year Group | Best Attendance | Most Improved | Best Punctuality |
|------------|-----------------|----------------|---------------------------|
| EYFS & KS1 | Under 96% | Under 96% | Holly Class Palm Class |
| KS2 | Under 96% | No Improvement | Banyan Class |



Better Health - Start For Life

The [NHS Better Health, Start for Life](https://www.nhs.uk/betterhealthstartforlife/) website is the go-to place for trusted NHS advice and guidance to help you have a healthy and happy baby during pregnancy, birth and parenthood.



Arsenal Stadium Visit

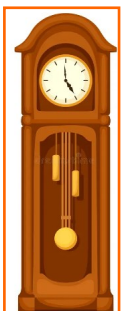
Year 5/6 had a wonderful morning out at Arsenal where they were praised for being one of the best-behaved schools they had seen there. The children trained on the pitches, toured the stadium and made armbands in support of LGBT+ month. They learnt about respecting people's rights and freedoms. Well done to everyone involved in this trip. Huge thanks to Arsenal for allowing our children the opportunity to visit the stadium. They loved the experience.



Tick Tock

We thought we would give Giran and Sara a special mention this week. Giran, in year 3, loves clocks so Sara constructed a 3D clock with him, cleverly using Pakeman's old school bell. You'll find the clock in the middle hall.

Well done to both. The clock looks amazing!



CrEATe Club

CrEATe Club with Marcia continues to be highly successful with our Pakeman families. This week, adults and children looked at their inner cheerleaders and critics and made masks of the characters they would be. Thank you Marcia for all the work you do to arrange this group.



Incredible Years - Parenting Groups

Free courses for parents/carers who want to learn how to get the best behaviour out of their children. These 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



Incredible Years Toddler:
Parents of children aged 1-3

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

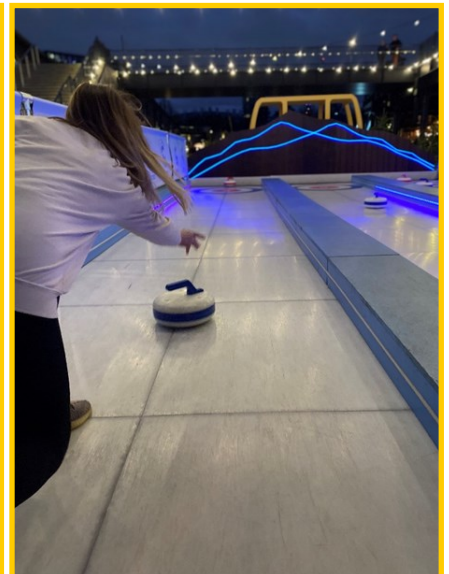
Incredible Years School Age:
Parents of children aged 6-10

For more information: [Incredible Years](#) or Tel: **020 3316 1824**

Pakeman Staff Go Curling

Even our staff like to learn a new skill occasionally. Thanks to Marta, quite a few Pakeman staff went on an outing to learn curling. Here they are having some great fun together.

Thank you so much Marta for organising this event for the staff. They had a super time learning something new.





龍騰舞動賀新春

2024 Soaring Dragon Lunar New Year Celebration



1/F: Lion Dance, Cantonese Opera, Healthy Dragon Dance & Singing Performances (start at 12:00pm & 2:30pm)

17. 02. 2024 (Sat)
11:30 - 16:00

G/F: An array of popular Hong Kong Street Food are available for purchase

FREE ENTRY
Complimentary gift
(while stock lasts)

1/F: Interactive games such as Lantern Riddles, Chinese Calligraphy, Chinese Zodiacs, Kid's Painting, Paper Cutting & Balloon Twisting and more



Reserve tickets by scanning QR Code or WhatsApp 07523 864993

ADDRESS: 21 HATCHARD ROAD LONDON N19 4NG
www.islingtonchinese.com

ICA is a London based Chinese charity promoting social cohesion within the Borough of Islington, across the UK and beyond



Adult Community Learning in association with Bright Start at Paradise Park Children's Centre

ESOL with Toddlers

English for Parents with their Children

- Make friends
- Improve your reading and writing skills
- Improve your conversation skills
- Learn how to say and read numbers and many more things!

Suitable for beginner ESOL parents and children under 4.

Dates and times of the next course:

Wednesday 21st February to Wednesday 27th March
(6 week course)
9.30 to 11.00

Paradise Park Children's Centre,
164 MacKenzie Road, London N7 8SE

To book a place call 020 7527 4089 or email:
brightstartsouth@islington.gov.uk



SUPPORTED BY
MAYOR OF LONDON



ReCreate

Join us for a **Fabulous Friday Family Event**
creative activities, music, family photo booth,
hip hop dancing & much more!
with **Marysa Dowling**
& **Yami 'ROWDY' Lofvenberg**

Fun for all the Family
(suitable for children of all ages)

Where?
All Change, 27 Dingley Place, EC1V 8BR
[Buses: 43, 205, 214, 394, 4, 56, 55, 243]

When?
Friday 16 February 12-3pm

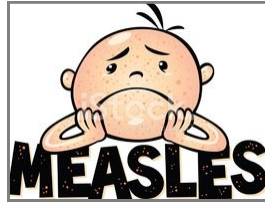
Free Admission & Lunch
For more information call/text: 07904 328864
Email: projects@allchangearts.org

www.allchangearts.org
Instagram @allchangeldn
Twitter @allchangearts



All Change Arts Ltd No. 1964724 Registered Charity No. 293972 Established 1985

Measles Cases Are On The Rise



Measles cases are rising in London. Measles is more than just a rash – it is a serious condition that spreads very easily and can lead to severe illness and even death. One in five measles cases may require a hospital visit, and one in fifteen measles cases could cause complications such as meningitis, sepsis and blindness.

Measles is not just a children's problem; any unvaccinated person can catch it. We encourage you to check your own and your child's vaccination status through your GP, where you can also book an appointment for any missed doses.

There are also community catch-up clinics happening in Islington, book a slot for your child [here](#).

The MMR vaccine is [safe and effective](#), and will protect your child against 3 serious illnesses – measles, mumps and rubella.



March 2024

Newsletter

FACE it!



Available to book now!

Approved CPD training for anyone who works with children or teenagers.
National Standards CPD accredited with certificate

Thursday
21 March
19:00 - 20:00
FREE



FREE SESSION
Understanding Addictive Behaviour - Screens, gaming, drugs and more

Tuesday
19 March
19:00 - 21:00
£24



What is ACT?
An introduction to Acceptance and Commitment Therapy

Thursday
28 March
19:00 - 21:00
£24



Supporting a child with ADHD
challenging the stereotypes and giving practical advice

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

Science and Nature



Family Nature Discovery at Camley Street Natural Park

Monday 12 February 2024

Location:

Camley Street Natural Park

[Camley Street Natural Park](#) | [London Wildlife Trust](#)

Science at home!



Can you grow seeds in salt?

Spring is fast approaching which means we will see plants begin to pop up everywhere. Grow your own with the experiment below! What conditions do plants grow best in? Most humans like salt - especially on chips - but do plants?

What you need: • Plastic or paper cups • Cotton wool and cling film • 10 bean seeds • Salt

What to do: 1. Cover the bottom of both cups with cotton wool. 2. Sprinkle some salt over the bottom of one cup. Label the cup with an "S" so you remember which cup has salt in it. 3. Place five bean seeds in each cup, water the cotton wool lightly and cover with cling film. 4. Place the cups in a sunny place - a windowsill 5. After five days you should see the seeds start to grow.

Which seeds start to sprout first? How tall do the plants get? If you want to experiment further, try varying the salt levels or the types of seeds. Do some plants grow better in salty conditions than others?