

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 8 Spring Term 2024

Friday 8th March 2024

Pizza Express Outing

Some of Pakeman's Hidden Heroes enjoyed a super trip to the Aldwych branch of Pizza Express recently. These lucky children got to make, bake and eat their own delicious pizzas. Thanks to Marcia, Natalie and Tracey for accompanying the children on this trip. It looks like everyone had a great time.



Thanks also goes to all the great staff at Pizza Express who were so helpful and made the adults and children from Pakeman feel very welcome.



DATES FOR YOUR DIARY

End of Term:

Thursday, 28th March
School closes 1.30pm



New term begins:

Tuesday, 16th April

Please Note:

2+ will return to school
Wednesday, 17th April



SUPERSTARS



Elm	Ethan
Pine	Ginevra
Cherry	Zion
Holly	Munir
Maple	Nisa
Willow	Louisa
Palm	Cassie
Banyan	David
Olive	Adam
Cedar	Malakai
Mahogany	Masal
Eucalyptus	Josue
Sequoia	Cyreen

Well done Superstars



Attendance and Punctuality

Year Group	Best Attendance	Most Improved	Best Punctuality
EYFS & KS1	Holly Class	Under 96%	Elm Class Pine Class Cherry Class
KS2	Olive Class	Banyan Class	Banyan Class Sequoia Class



Important Date Change

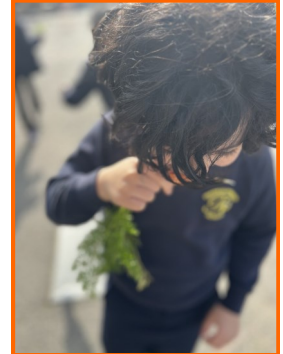
Nursery parent/carer consultations have moved from Monday 11th March to **Friday 15th March.**

2 Plus parent/carer consultations have moved from Monday 11th March to **Monday 25th March.**



Carrot Harvest

Year 3 and 4 have been very busy harvesting carrots this week. They have also been learning all about the parts of the plants we eat. Those carrots certainly look delicious!



New Beacon Bookshop Trip

Some of Pakeman's aspiring authors took a visit to New Beacon Bookshop - a book shop with works from Caribbean, Black British, African and African American authors. Established in 1966, *New Beacon Books* claim to be the only remaining independent Black publishing and bookselling entity in the UK. The children asked great questions about publishing and becoming an author. They immersed themselves in all the history and information provided through a talk given by the bookshops director.





Photo ID To Vote

There are a number of elections coming up this year.

[London Mayor and GLA elections](#) take place on Thursday 2 May 2024

A General Election will also be happening at some point in 2024.

To vote in both these elections and have your say you must be registered.

<https://www.gov.uk/register-to-vote> It only takes five minutes. You only need to do it once.

Remember, if you want to vote in person at a polling station you **MUST** present an accepted form of photographic ID to prove your identity.

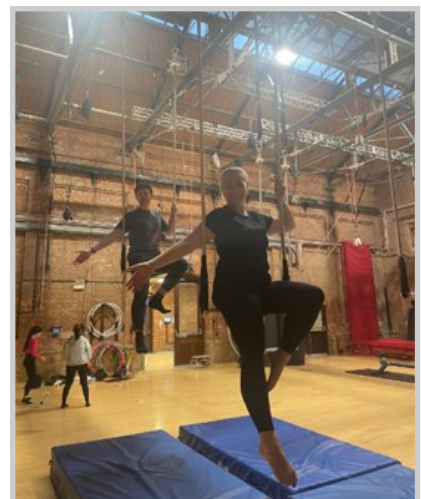
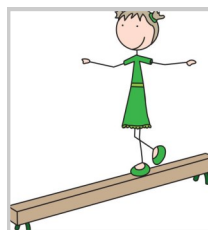
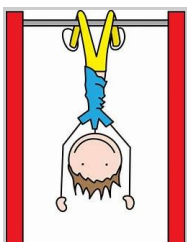
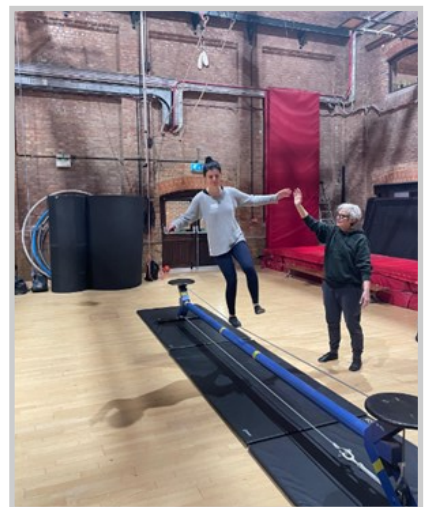
For a full list of approved forms of photo ID, go to:
[GOV.UK: photo ID you'll need.](#)

Please Note:
Londoners have until midnight on
Tuesday, April 16

IT IS IMPORTANT TO USE YOUR VOTE!

Amazing Circus Skills

Pakeman staff were invited to try a Circus Skills class at the National Centre for Circus Arts. They tried juggling, tightrope walking and trapeze. They had a wonderful time and attempted some very daring tricks. Thank you Marta for organising this event. It looks great fun.





RED NOSE DAY
BAKE SALE

WE NEED YOUR HELP
IF YOU WOULD LIKE TO BAKE YOUR OWN
CAKES OR COOKIES

OR DONATE SOME SHOP BOUGHT TREATS
FOR THE SALE

PLEASE BRING IN TO THE OFFICE
BETWEEN 8:45AM - 14:30PM
ON THE 15TH MARCH

Friday 15th
March
3:30pm

Are you eligible for the Household Support Fund?

The Household Support Fund provides crisis support to people who have had a deduction in their benefits due to things like an advance payment of Universal Credit, bedroom tax deduction in housing costs and so on.



This fund is only available until funds run out and the scheme must close before the end of March 2024. If you think you might be eligible, make sure to find out more and apply now.

[Find out more and apply](#)

Check your eligibility for the fund by clicking on this link:

[The Household Support Fund](#)

Whittington Health 

Fluoride Varnish at Pakeman Primary School

Dear Parents/Carers

The **Whittington NHS Community Dental** Fluoride varnish team will be revisiting your child's school next week to see children in year groups.

Nursery-Year 2 for the 2nd fluoride varnish application on

Friday, 22nd March 2024



If you had **NOT** signed the consent forms in October, the school will hand you a new form for you to fill and return to the school before this date.

If you had signed up for the 1st application, but wish to withdraw for any reason including change in child's medical status, please inform us on contact details below or the school immediately.

What is Fluoride Varnish? It is a pale-yellow gel applied to children's teeth using a small soft brush. The varnish sets quickly, has a pleasant taste and a fruity smell.

Specially trained dental nurses apply the varnish to children's teeth using a soft brush.



Why is Fluoride Varnish applied to teeth? Fluoride varnish provides extra protection against tooth decay when used in addition to toothbrushing with fluoride toothpaste.

The fluoride varnish application at school will be in addition to the treatment at their regular dentist.

Any reasons why it might not be applied at school?

- If your child has sore areas in their mouth.
- **If your child has asthma or severe allergies / carries an Epi-Pen**

Please ask their regular dentist about having it at the dental surgery

Please ensure you enrol your child by filling out and returning the blue consent forms to the school ahead of our visit. The form has an FAQ (frequently asked questions) section.

For queries, please contact the programme lead. Email: farheen.naqvi@nhs.net Phone: 07469 271 851

Top tips for good oral health

- Brush your teeth twice a day with a fluoride toothpaste. Spit don't rinse!
- Reduce the frequency and quantity of sugary foods and drinks.
- Visit your dentist regularly (Scan the QR code to find an NHS Dentist)



Reminder

**Nursery-Year2
Parents/Carers**

Please note, if you have not yet returned your

fluoride treatment letter

please do so as soon as possible. The second round of the fluoride varnish is taking place in school on:

22nd March.



If you're enjoying our Science Investigations each week, take a look at this one from Nesim. Do remember, next week is **Science Week** so maybe 'Rain Cloud In A Jar' can get you in the mood for that. Have fun!

Rain Cloud in a Jar

You will need:



Shaving cream



A clear large jar



Water



Blue food colouring



Pipettes or eyedropper



Small bowl

Method:

1. Fill the large jar with water, leaving 2 inches at the top.
2. Add the shaving cream to the top of the water until it reaches the top of the jar.
3. Next, add 1 cup of water to the small bowl and 3 drops of blue food colouring.
4. Mix the water and food colouring together.
5. Use the pipette to add drops of the water mixture to the top of the shaving cream cloud.
6. Continue adding the water mixture until you begin to notice the raindrops begin to break through the bottom of the cloud.

