

THE PAKEMAN PRESS



Pakeman
Primary
School

Issue 2 Summer Term 2024

Friday 26th April 2024

Thank you for taking the time to read this weekly newsletter. We hope you will find its contents useful.

Breakfast Club Award

Our wonderful duo, Julie and Jackie, have been nominated for a Kellogg's Breakfast Club Award!



Both women work tirelessly every morning to set up and run our Pakeman Breakfast Club. They warmly welcome our children and give them varied breakfasts, as well as setting up activities for them all, before they go into school. In our eyes they are winners already!

Just a reminder that Breakfast Club only costs **£1.50** and runs every weekday morning from 8 - 8.45am.

If you would like your child to attend please contact the school office.



DATES FOR YOUR DIARY

Important Date

Pakeman is **closed** on

Thursday 2nd May

as we being used as a Polling station.



SUPERSTARS



Elm	Aaliyah
Pine	Pine
Cherry	Yunus
Holly	Anthony
Maple	Emily V
Willow	Imran
Palm	Raul
Banyan	Matt
Olive	Anais
Cedar	Landa
Mahogany	Masal
Eucalyptus	Ismael
Sequoia	Scarlett

Well done Superstars



Kensuke's Kingdom

In amongst all the SATS practice, the year 5 and 6 children have started reading a new book, *Kensuke's Kingdom* by Michael Morpurgo, linked to their 'Journeys of Discovery' topic. They took some time to relax by painting their own front covers. Lovely work.



Attendance and Punctuality

Year Group	Best Attendance	Most Improved	Best Punctuality
EYFS & KS1	Holly Class	Willow Class	Elm Class
KS2	Eucalyptus Class	Under 96%	Olive Class



REMINDER

Pakeman Community Values Dialogue

Parent / Caregiver Survey

Please take a few minutes to fill out the anonymous survey in the link. This will really help us to understand what themes and topics are important to our parents and carers.

Caregiver Survey

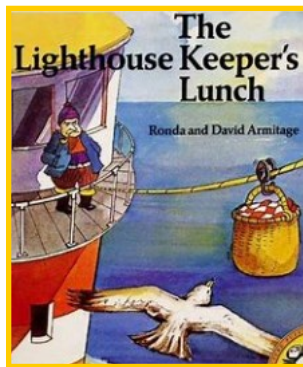
<https://forms.gle/mBWwMgCYGdZE66hAA>



Oh We Do Like To Be Beside The Seaside

Year 1 and 2 are learning about the seaside this term. They have had a brilliant start. Already, some children have made these amazing models of the seaside.

They will be focusing on the popular story, *The Lighthouse Keeper's Lunch*, and learning about Mr Grinling and his adventures. Throughout the term, they plan to become storytellers and actors, as they role play different characters!



Find out some interesting facts about the first lighthouse designers:

[Robert Stevenson's Family and the Lighthouse](#)





THURSDAY 9TH MAY 2024

In the bottom hall

3.30 – 4.15pm

GRAB A BARGAIN!

Homeware, clothes, toys, and books!

All proceeds help to buy resources for
Reception and Nursery Classrooms

Everything 20p/50p/£1/£2

CASH ONLY!

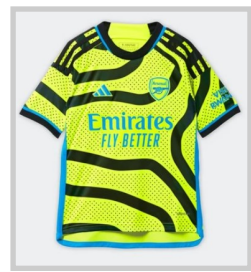
Win An Arsenal Shirt

Thanks to Lee, we have two Arsenal shirts to raffle. These shirts are this season's Arsenal home and away shirts - both are adult sizes **xxl**.

Raffle tickets will be sold in the office from Monday 29th (before and after school) for £1 a strip. The winning numbers will be drawn at lunchtime on Thursday, 9th May.

The two lucky winners will be able to collect their shirts from the Jumble Sale, taking place after school that day.

Good Luck!



Earth Day 2024

Earth Day is an annual event on April 22 to demonstrate growing support for environmental protection. The event was first held on April 22, 1970 and now includes a wide range of events coordinated globally by EARTHDAY.ORG including 1 billion people in more than 193 countries.

This year the official theme was **"Planet vs Plastics."**

Our reception children had a great time taking part in class activities and came up with some of their own ways to help the planet.



CONCERNS ABOUT VAPING IN PRIMARY SCHOOLS

Concerns have been raised by other primary schools about children vaping at a very young age. **Please be vigilant and discuss how dangerous it is with your children.**

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

TESCO FUNDING FOR OUR NURSERY **DON'T FORGET - WE NEED YOUR VOTES!**

Please vote for Pakeman. Pick up a disc when you make purchases and pop them into the box marked for Pakeman in the following stores. Thank you!

Ldn Holloway Express N19 4EB Archway Holloway Rd N19 5SS Seven Sisters Rd Express N4 2HY Stroud Green N4 3PX
 Drayton Park Exp N5 1AN Sisters Rd Ldn Exp N7 7NS Lower Holloway Exp N7 8GA Caledonian Rd Ldn Exp N7 8TP



Please use your vote **every time** you are in TESCO.

Please remind friends, family and pupils too!