

THE PAKEMAN PRESS

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



**Pakeman
Primary
School**

Issue 2 Autumn Term 2025

Friday 12th September 2025

“Kneading, Baking, Tasting – The Real Bread Experience”

What is Real Bread?

Real Bread is bread made the natural way – without artificial additives, chemicals or shortcuts. It can be as simple as flour, water, and salt. Or it might include healthy extras like seeds or fruit and yeast - as long as it is additive-free.

The Real Bread Campaign works to reclaim the word “bread” for loaves made in this simple, traditional way. Here at Pakeman, this is exactly what our pupils experienced: mixing, shaping and baking their own **Real Bread** in a real oven – learning at first-hand how good, honest bread is made.

Have a look at your home loaf, how many ingredients can you count?



DATES FOR YOUR DIARY

5/6 School Journey
8th - 12th September

Half term:
Monday 27th October -
Friday 31st October

Last Day of Term:
Friday 19th December
1.30 FINISH



Please Remember:

Holidays are not authorised during term time. Unauthorised holidays could result in penalty charges being issued to each parent/carer with parental responsibility.

SUPER STARS



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

Mariah-Lee
Thea
Zunairah
Majid
Lucas
Khalia
Aliyah
Maryam
Emily
Mohammed
Adem
Daniel A
Sami



The Double Club

Arsenal in the Community run a **FREE Year 5 and 6 Girls** after-school club from **3.30 to 5pm** on **Thursdays** during term times at the Arsenal Hub.

The first session will be **Thursday 18th September**.

The club is open from 3.30pm but Arsenal are aware that parents and carers need to collect their children from school at 3:30pm and bring them to the hub, so **main activities start at 4pm**.



The club is called the **Double Club**, half the time is spent playing football and the other half is reading activities. The outcomes of the club are around physical activity and wellbeing.

Please note that parents and carers will need to take children to the club, this is run by Arsenal Double Club rather than Pakeman Primary School

This link takes you to the consent form to sign up: [Double Club Consent Form 2025/26](#)

Year 5 and 6 Have A Creative Week

Some of our year 5 and 6 children have been away on school journey this week and others have stayed at Pakeman and enjoyed a fun, creative week. These children embroidered some fantastic bookmarks.



They made some great lighthouses to link with their literacy topic and they also enjoyed a great cricket session at Finsbury Park.

Next week, we look forward to sharing with you some of the things that took place with the other children who were away on school journey.

Culture and Diversity Day

On Friday, 19th September, we will be celebrating Culture and Diversity Day in our school. This day will be a lovely opportunity for the children to learn about and appreciate the wonderful diversity within our community.

To make this day special, we invite all children to come to school dressed in outfits that represent part of their culture. Additionally, children are **welcome to bring in a small dish or food item from their culture to share with their friends**. If you do choose to send food, please remember that our school is **nut-free** and kindly label the food with its name. We are looking forward to a wonderful day full of learning, sharing and celebrating our rich and diverse school community.

Thank you for your support and participation in making this event a meaningful experience for everyone.

CULTURE AND DIVERSITY DAY

FRIDAY, 19TH SEPTEMBER



Children are invited to dress up in cultural outfits



Bring a dish from your culture

PAKEMAN IS A NUT & SESAME FREE SCHOOL

Please remember that we are a nut and sesame free school. Please **DO NOT** send nuts, sesame seeds or foods which contain nuts or sesame seeds (e.g. humus and sesame snap bars) in your child's packed lunch or for any school snacks. We have a number of children across the school with severe allergies. Thank you.

THIS SCHOOL IS
NUT FREE



THANK YOU
for keeping our school safe!

WORLD AFRO DAY 15th September 2025



We're excited to celebrate **World Afro Day** on
15th September at Pakeman!

This is a wonderful opportunity to embrace and showcase the beauty of natural Afro hair.

We encourage all children to come to school wearing their hair in its natural style to celebrate the uniqueness and pride in Afro heritage.

During the day, we will be taking **photo portraits** of the children to mark the occasion.

Families are warmly invited to join us **after school at 3:30** for photo opportunities with their children. Let's make it a joyful and empowering celebration for all!

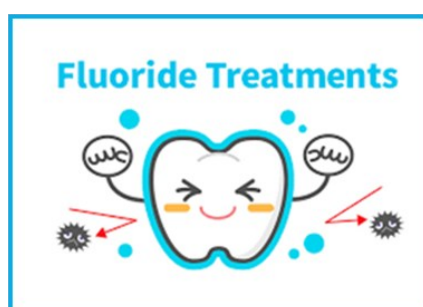


Fluoride Treatment

Did you know children under 5 can get free fluoride varnish at the dentist to help protect their teeth from decay? Even if your baby has just a few tiny teeth, they can still benefit from fluoride varnish at the dentist. It's a safe, quick, and free way to help prevent tooth decay.

Dentists are trained to care for children of all ages. Applying fluoride varnish is a gentle step toward a healthy smile. Find your local NHS dentist:

nhs.uk/service-search/find-a-dentist



Childhood vaccinations and when to have them

8 Weeks 	<ul style="list-style-type: none"> ★ 6-in-1 (Diphtheria, Tetanus, Whooping cough, Polio, Hib, Hepatitis B) ★ MenB ★ Rotavirus (drops to swallow)
12 Weeks 	<ul style="list-style-type: none"> ★ 6-in-1 (Diphtheria, Tetanus, Whooping cough, Polio, Hib, Hepatitis B) ★ Pneumococcal ★ Rotavirus (drops to swallow)
16 Weeks 	<ul style="list-style-type: none"> ★ 6-in-1 (Diphtheria, Tetanus, Whooping cough, Polio, Hib, Hepatitis B) ★ MenB
1 Year 	<ul style="list-style-type: none"> ★ Hib/MenC ★ MMR (Measles, Mumps, Rubella) ★ Pneumococcal ★ MenB
3 Years 4 Months 	<ul style="list-style-type: none"> ★ 4-in-1 (Diphtheria, Tetanus, Whooping cough, Polio) ★ MMR (Measles, Mumps, Rubella)

Getting vaccines on time gives the best protection. If your child misses a dose, contact your GP to catch up. To be fully protected, your child needs all the doses shown.

Questions about vaccinations?
Ask your GP, nurse, health visitor or pharmacist.

Scan QR to find out more 

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Become one of our new supporters - it's so easy to sign up. We have already raised almost £700 but with your help we can achieve more and buy great resources for Pakeman school.

If you already shop online with retailers such as Amazon, Argos, John Lewis, Tesco, eBay and many others then why not sign up to Easy Fundraising and raise money for Pakeman School while you shop! It doesn't cost you a thing and it couldn't be easier.

- 1. Join** Go to easyfundraising.org.uk and sign up for free
- 2. Shop** Every time you shop online, head to easyfundraising first. There are over 3,000 shops and sites on board, so simply pick the one you want and start shopping
- 3. Collect** After you've checked out, that retailer will make a free donation to your good cause – it doesn't cost you a penny extra

Join [here](#) today and start making a difference...simply by shopping.

