

# 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**

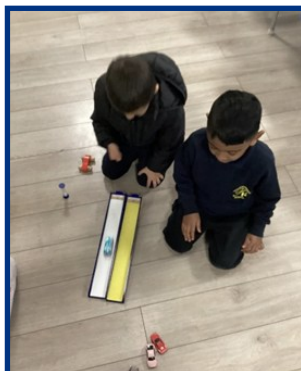
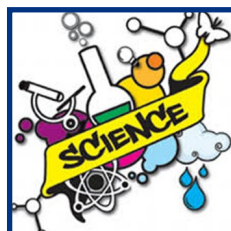
Issue 1 Spring Term 2026

Friday 9th January 2026

## Science Club

Children involved in Pakeman's Science Club continue to have a lot of weekly fun with Nesim. They have recently been exploring friction by investigating which surfaces allowed toy cars to roll down most smoothly and quickly. The children made predictions and then tested their hypotheses through hands-on experiments.

Science Club starts up again on Monday with the children in year 5 and 6. If any children want to join, they can sign up each Monday morning.



## DATES FOR YOUR DIARY



### Spring Term:

Half term:  
Mon 16 Feb – Fri 20 Feb

**End of Term:**  
Friday 27 March

**Summer Term:**  
Monday 13<sup>th</sup> April

### **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.

## Warm Woolly Hats



A very big thank you to Abi, one of the farmers who visited in December, for sending us so many beautifully knitted hats from Wales! This helped so many of our children to keep warm over the Christmas holidays!

## SUPER STARS



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

Malak  
Mumtaz  
Maysa  
Aizah  
Ramy  
Mustaqeem  
Maryam  
Albjon  
Fadwa  
Harlee  
Precious  
Emily  
Latifa



## Parent/Carer Support in Islington



Sunflower Parent/Carer Support is a Community Interest Company (CIC) dedicated to providing parent/carers support for those looking after children with special educational needs (SEN) in Islington. They aim to empower parents and carers in the borough of Islington by offering valuable resources and connections.

Check out the events page for details on Islington SEND Support activities, including the next meet up, where you can meet others in the community and share experiences.

<https://sunflowerpcs.co.uk/about-us>

## Green Guardians Community Gardening Session

The Garden Classroom invites local residents to join their free drop-in Green Guardians community gardening sessions. These are open to everyone with no experience needed and with gloves, tools, and refreshments provided.

**Sessions run from 10am–12pm throughout winter and spring 2026 at two locations:**

**Newington Green (N16 9PX) - Wednesdays**

**Market Road Garden (N7 9PW) - mix of Tuesdays and Wednesdays**

**Both locations run their sessions from January to April**

These friendly outdoor sessions offer a chance to enjoy nature, learn new skills and meet new people.

**For more information:**

[Green Guardians @ Market Road](#) or [Green Guardians @ Newington Green.](#)



## Free Cycling Courses For Adults

Islington council offers **free cycling courses** for anyone who lives, works or studies in Islington. After this, and once you can confidently control a bike, you are entitled to two free one-to-one sessions.

Winton Primary School, 62-68 Killick St, London N1 9AZ

Sessions take place every Sunday from Sunday 4th January

**[Find out more by clicking here and book onto a course](#)**



## Bright Start Islington Family Services



Bright Start Islington is the name for services for under fives and their families.

Find Children's Centres - discover what's going on for families with under 5s including indoor and outdoor stay and plays and activities.



Brandon  
Centre

### Love and Limits Parent Programme

**FREE 6-week support group for parents/carers of adolescents aged 12-16 with challenging behaviour**

Groups are held online via Teams

**Parents must live in or be registered with a GP in Camden or Islington**

*Groups run weekly and parents can choose to attend either a morning group or an afternoon group*

**Evening session:** Wednesday 14th January 2026  
Time: 5:30pm – 7pm

**Morning session:** Friday 16th January 2026  
Time: 10am – 11:30am

Groups run at the same time weekly for 6 weeks

For more details please email us at:

[familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk)

To refer: Scan the QR code or complete the referral form on the link provided.



[Click here for referral form](#)

[familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk)

## Toy Libraries

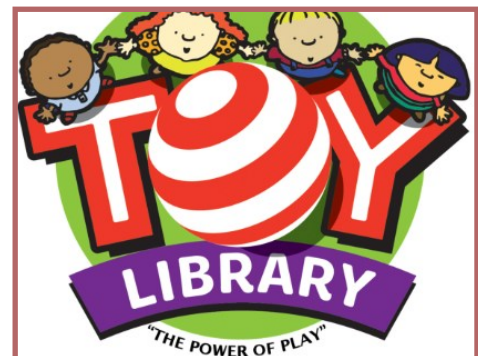
Parents and carers can borrow up to three toys for three weeks - **free of charge**. This is a super facility.

Toys can be borrowed at the following times:

- Mildmay Library (Thurs 11.30am-1pm)
- North Library (Tues 11.30am-1pm)
- West Library (Fri 11.30am-1pm)
- Finsbury Library (Thurs 11.30am-1pm)

You can find out more by downloading:

[Toy Libraries](#)



## Access To Sports Project

The [Access to Sports Project](#) offers a variety of free sports and physical activities for children and young people living in Islington, Hackney, or Haringey. Programs include football, archery, tennis, rugby, athletics, basketball, netball, and more. Sessions are delivered by qualified coaches across multiple venues.

To explore their current timetables and book sessions, visit their online booking page.

For inquiries, contact the Access to Sports Project via email at [info@accesstosports.org.uk](mailto:info@accesstosports.org.uk)



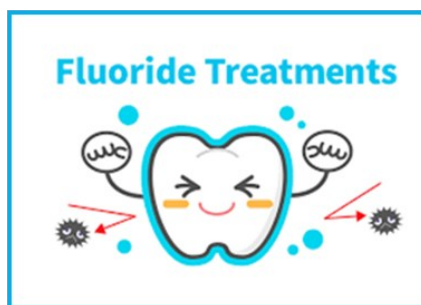


## Fluoride Treatment

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](https://nhs.uk/service-search/find-a-dentist)



## Sharing and Caring

From about 2½ years old, children can usually take turns or share. But it's often not until the ages of 3 to 5 that they learn not to get frustrated when sharing with others.

Encouraging your child to share objects with their toys through pretend play is a great way to help them practise this important skill. From crayons to food, you can practise sharing anything with children.

Fairness is quite an abstract concept and can be difficult to explain to a child. Seeing it in action will help them to understand more. Take a look at this link for ideas:

[CBeebies: Sharing with toys](#)



## Flu Season - Is Your Child Protected?

Flu season is here again, but don't worry, there are easy ways to keep your family safe and healthy. Vaccinating your child, getting your vaccination if you're eligible, and simple habits like regular hand washing can go a long way in protecting everyone. Together, we can make this winter a healthy one.

### Children's Flu Vaccine

FOR CHILDREN 2 TO 17  
It's time to get  
the **free** nasal  
spray flu vaccine



## PAKEMAN IS A NUT & SESAME FREE SCHOOL



Please do 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.