

THE PAKEMAN PRESS

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



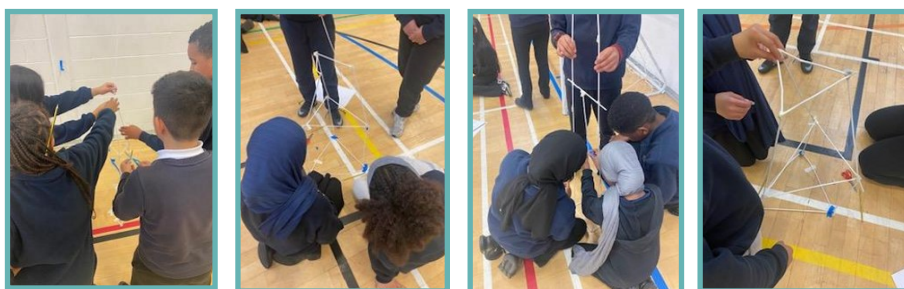
**Pakeman
Primary
School**

Issue 5 Spring Term 2026

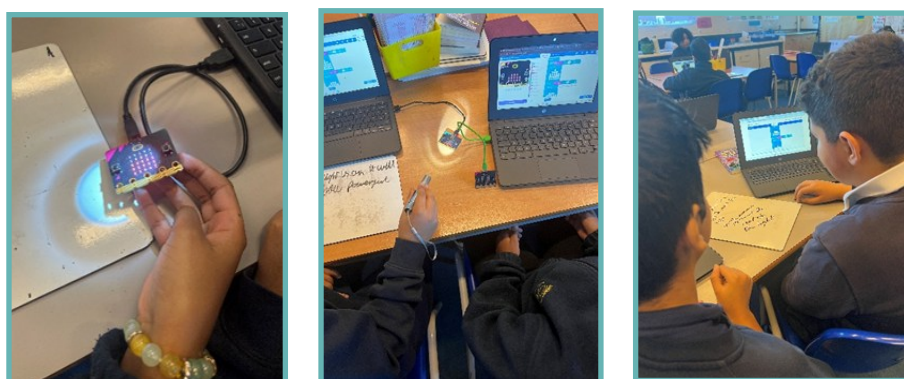
Friday 6th February 2026

A Busy Week In Year 5 and 6

This week has been incredibly busy for Year 5 and 6. It began with Sequoia and Eucalyptus visiting the secondary school, Arts and Media School Islington, to take part in a DT challenge with some of their students. Their task was to build a tower using only 15 paper straws and some tape. The group with the tallest, free-standing tower were the winners! The children needed to work as a team and think about strong shapes and structures. They also had to be resilient and do some problem solving as their task continued. Everyone had a good afternoon and some amazing structures were built!



Both classes also took part in a fantastic coding workshop with Digitall charity. They learnt how to programme Micro:bits to detect light.



Then, carrying on with the theme of light, the children had a lot of fun investigating light, shadows and reflections in their science lessons in class.

All in all, a very productive, great learning week.



DATES FOR YOUR DIARY

Spring Term:

Half term:
Mon 16 Feb – Fri 20 Feb

End of Term:
Friday 27 March
1.30 finish

Summer Term:

Monday 13th April



**Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK**

**9-15
FEB
2026**

SUPER STARS



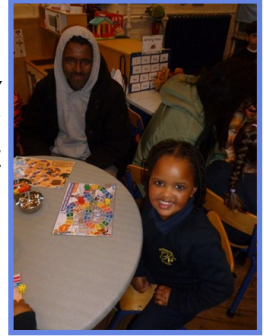
Elm
Pine
Cherry
Holly
Maple
Willow
Palm
Banyan
Olive
Cedar
Mahogany
Eucalyptus
Sequoia

Ace
Dua
Safaa
Jace
Roukia
Nala-Rae
Aliyah
Arhaan
Holden
Imran
Basil
Raima
Kais



Stay and Play

Once every half term, Reception classes have a themed *Stay and Play* where parents and carers can join their children in class for the first hour of the morning and take part in activities. This week, families had a great time as they came together for story morning and their song class with Jenny! Thank you to all the parents and carers that came to join in with the 'We're Going on a Bear Hunt' story morning. It was lovely to see you all in class.



As part of their week, the children have also read 'How Did That Get In My Lunchbox?' They found out about how some foods can be grown, some come from animals, and some can be made from a range of ingredients.



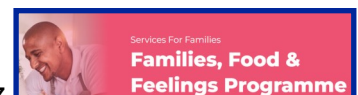
They also talked about foods that are healthy and unhealthy. They learnt that we should eat lots of healthy foods and only try to have unhealthy foods occasionally. According to their teachers, they are getting very good at identifying these foods!

If you have a little one at home, Jenny does a free class at Hornsey Children's Centre every Friday during term time. It is aimed at 0-5 year olds. Please take advantage of this free service through Bright Start Islington.



Jumping Beans (Term-time ONLY) Hornsey Road Children's Centre, N7 7EN

Families, Food & Feelings Programme



This is a FREE programme for parents/carers of children aged 5-17 who live in or are registered with a GP in Islington or Camden. The group aims to support parents/carers in encouraging their children above a healthy weight to live happy, healthy lives. The 6-week programme runs online as a group every term but is also offered on a 1:1 basis online or face to face throughout the year. Parents/carers are able to refer by calling Brandon Centre's Enhanced Healthy Living team on [020 7267 4792](tel:02072674792) or email brandoncentre.healthyliving@nhs.net.

Fussy Eaters

If you have a fussy eater at home, you're not alone. Many young children go through phases of refusing foods or sticking to very limited choices. For clear, reliable advice on how to support healthy eating habits and make mealtimes less stressful, the NHS provides helpful guidance for parents and carers.

[Practical Tips For Fussy Eaters](#)



Cycling Lessons during Half Term

Islington Council offers **free** Bikeability cycle training for children aged 5-17 years old.

Where: Highbury Fields (N5) and Spa Fields (EC1R).

When: Monday 16 – Thursday 19 February (Highbury Fields)
Monday 16 – Tuesday 17 February (Spa Fields)

There are a range of different courses happening to suit your child's age and cycling experience. Courses do need to be booked in advance.



For more information, head over to **Islington Council Bikeability** to find out more and book your child on to a free session!

National Storytelling Week

This week is National Storytelling Week, celebrating the joy of sharing and creating stories. This year's theme is Soundtrack your story, exploring how sounds and music are part of everyday life. For ideas that you can use at home with your children please click on the link:

[National Storytelling Ideas](#)



Free Art Workshops

The Quentin Blake Centre for Illustration is hosting free art classes for refugees, migrants and asylum seekers aged 18+. Learn new creative skills, meet new people and enjoy free refreshments at a series of relaxed, supportive art workshops led by a professional artist.

Email **community@qbcentre.org.uk** to confirm your place. Spaces are limited and offered on a first-come, first-served basis. You are welcome to attend one or more sessions.

No experience needed to take part.



Bright Futures

Bright Futures Outreach timetable
5 January to 13 February 2026

For Islington residents with children aged 5 – 19 (25 with SEND)

ISLINGTON
For a more equal future

Winter 2026 Timetable

Monday 9 February

- 8.45 – 10.45 am Central Foundation Boys School Surgery, Cooper Street, EC2A 4SH
- 9 – 10.30 am St Aloysius school drop in, Homsey Lane, N6 5LY

Tuesday 10 February

- 8.45 – 10.15 am Laycock Primary school surgery, 5 Laycock St, London N1 3BA
- 8.45 – 10.45 am St Paul's school surgery, Congdon Street, EC1V 0EU
- 8.45 – 10.45 am Maresfield Primary school surgery, Maresfield Street, EC1V 0BB
- 8.45 – 10.45 am COA primary school surgery, Baltic Street West, EC1V 0AE
- 8.30 – 10.30 am Newington Green Primary school surgery, Matthot Rd, Mayville Estate, London N6 5NP
- 8.30 – 10.30 am Islington Arts and Media school drop in, Turle Road, N4 3LS

Wednesday 11 February

- 8.45 – 10.45 am Prior Weston school surgery, 101 Whitcross Street, EC1V 5
- 9 – 10.45 am Durcombe Primary school surgery, Sussex Way, N9
- 1.30 – 3.30 pm St Lukes Foodbank, Central Street, EC1V 6AJ

Thursday 12 February

- 8.30 – 10.30 am Canonbury Primary school surgery, 124 Canonbury Rd, London N1 2UT
- 8.45 – 10.45 am Victoria Primary school, Treaty Street, N1 0WF
- 9 – 11.30 am Drayton Park Primary school surgery, 52 Drayton Park, N5 9J
- 10.30 am – 12 noon Brightwicks Community Centre sing in, 42 Crouch Hill, N4 4BY
- 3 – 5 pm Drop in, Jeon Stokes, Community Centre, Camouille Drive, N1 0DX

Friday 13 February

- 8.45 – 10.45 am High Morden Primary school surgery, EC1R 1J2
- 3.30 – 5.30 pm Barnard Park Adventure Playground, Northampton Road, N1 0FB
- 4 – 6 pm Timasku Adventure Playground, 31 Grenville Rd, N19 4LJ
- 8.45 – 10.45 am St Andrews School surgery, N1 0UB
- 9 – 11 am Harrower Primary school surgery, Noel Rd, London N1 8BD
- 9 am – 12 noon Holloway Primary school surgery, Pemberton Gardens, N19 5AK
- 3 – 6 pm Martin Luther King Adventure Playground
- 3 Sheringham Road, N7 9PF
- 3.30 – 6 pm Lift Family surgery, White Lion Street, N1 9PW

If you would like any more information on any of the activities please call 020 7627 4343 or email bright.futures@islington.gov.uk

Bright Futures offers advice on managing home finances, training and employment, and connects you with activities and support in your local community.

Winter 2026 Timetable

Bright Futures Drop ins:

Bright Futures, Early Help 5-19 (school-age to 19 years)
Bright Futures provide whole family support to families with school-aged children up to 19 years old/25 with SEND.
We're here for you, in your community when you need us.

What we can help with?

We know that being a parent or carer is not always easy and that all families need extra help at some stage as children grow up. Bright Futures will work with you and your family to understand what you need to make lasting positive change and get the most out of family life.

Bright Futures works with families to:

- Improve children's school attendance and access to learning
- Connect you with support and activities in your local community
- Strengthen family relationships and reduce conflict
- Advise on child behaviour, routines and parenting
- Improve your families' health and wellbeing
- Improve financial stability and secure housing

How do we work?

You'll work with trained family workers at your home or in our community locations, during the day or in the evening.

What do we do?

We offer information and advice through our outreach sessions, as well as parenting programmes and family support.

We'll find out what you and your family need and plan what we need to do together. We will bring together other services to work with us depending on what you need. For example, this might be housing, school or early years services, health services, adults services, debt or grants advice, employment services.

PLEASE NOTE: At Pakeman, we will hold a school drop in session for parents and carers. This will take place at 2:30 pm on the 10th of Feb in the Lab. Please drop in and find out more about services available.

Bright Futures ISLINGTON

Everyone needs a little help sometimes

We know that being a parent is not always easy and that all families need support at some stage as children grow up.

Bright Futures works with families who have children 5-19.

We will work with you and your family to help you make lasting positive change and get the most out of family life.

"Things right now are good. There have been quite a few challenges, but I feel stronger and more capable than I have for a while."

- Bright Futures parent

ISLINGTON
For a more equal future