

# THE PAKEMAN PRESS

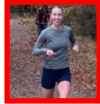
Thank you for taking the time to read this weekly newsletter. We hope you will find its contents useful.



**Pakeman  
Primary  
School**

Issue 1 Summer Term 2026

Friday 17th April 2026



## Final Push - Let's help Sabina over the line! Please Help to raise money for Pakeman

Sabina, our Eucalyptus teacher, is in the final stretch of her training and all set to run the marathon in Vienna this Sunday. She's stayed injury-free, kept up her three-runs-a-week routine, and even squeezed in long runs before school. She's done the hard miles - **now it's our turn to help her cross the finish line.**

Her goal is **£1000 for Pakeman School**, and we'd love to smash it.

Every donation, big or small, helps bring more creativity, confidence and joy to Pakeman children. Let's show Sabina how proud we are of her dedication.

Donate here: [Sabina's JustGiving page](#)

**There is also a collection box in reception for any donations tomorrow and Monday so please give what you can! Thank you so much.**

**Best of luck Sabina!**



### Summer Term:

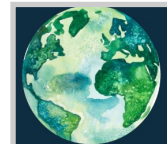
#### Half Term

Mon 25th May - Fri 29th May

#### End of Summer Term

Friday 17th July

This Earth day (April 22<sup>nd</sup>) people of all backgrounds and generations are encouraged to look after the only home we all share.



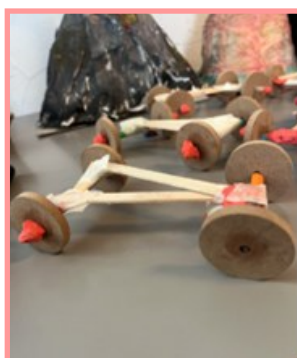
**Be good to our planet!**

## Grand Designers



In **Design and Technology (D&T)**, our year 3 and 4 children have been learning about the history of car improvements.

They built a small prototype car using different tools and materials. They then tested their design by measuring the distance it travelled. Fantastic work!



## SUPERSTARS



Elm	Zulqarnain
Pine	Leon
Cherry	Kaysan
Holly	Nabiiha
Maple	Veronica
Willow	Luna
Palm	Reagan
Banyan	Imran
Olive	Reggie
Cedar	Leo
Mahogany	Samyar
Eucalyptus	Almira
Sequoia	Aisha H

**Well done Superstars**



## Reminder - Arsenal In The Community

Arsenal in the Community are running a free after school club for children (aged 6-10 years) in the local area - who live between an N5 and N7 Postcode. There are **limited spaces**.

**The course will run from Friday 17th April – Friday 3rd July  
4pm – 5pm at the Arsenal Hub N7 7BY.**

*The sessions will include:*

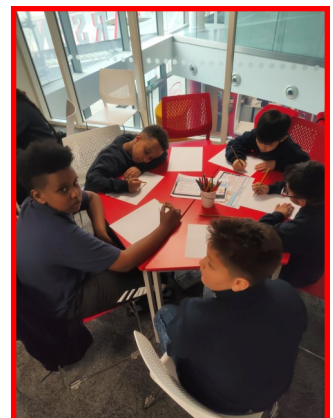
- Coaching by Arsenal in the Community staff
- Small-sided games
- Fun activities, aimed at developing players in their technical & physical ability, but also supporting the development of their confidence, creativity, and communication skills. Those attending will need to bring plenty to drink with them. Participants must also bring shin pads.



To book, please email [dsiggers@arsenal.co.uk](mailto:dsiggers@arsenal.co.uk) for the invite code – you will be asked to present your postcode to ensure that your son or daughter is eligible for the programme.

## Hidden Hero Trip To Arsenal

On Friday 27th March, Year 5 and 6 Hidden Heroes went to the Arsenal stadium. They took part in a Science workshop about Asthma prevention, took part in football coaching and toured the stadium. Their behaviour was exemplary!



## Bright Start Therapies Team

Did you know that families can meet with professionals at Bright Start Children's Centres and Family Hubs? These include meetings with Occupational Therapists, Speech and Language Therapists or Physiotherapists.



### Occupational Therapy

At Bright Start Family Hubs, Occupational Therapists will be available to share key messages with families about their child's daily activities e.g. toileting, eating, sleep. Further details about visits can be found [here](#).

### Speech & Language Therapy

Speech & Language Therapists visit stay & play sessions across all 3 Bright Start localities. They will be visiting the groups to share tips and ideas to support children's communication and language development. Dates for the Stay & Play visits can be found [here](#).

### Physiotherapy

Families can bring their children to see a Physiotherapist at any of the Little Feet Physio drop-in sessions which provide screening and advice for any issues with their children's hips or legs? (Please note that this is only for families registered with an Islington GP) Further details about Little Feet can be found [here](#).



## Autism and Learning Disabilities Information Event

Join others in a friendly and welcoming event designed for autistic residents, people with learning disabilities, families and carers. This relaxed session brings together local organisations, practical advice, and opportunities to connect with others in the community.

### What to expect:

- Find out about local support services, groups and activities
- Hear from speakers offering useful talks and guidance
- Meet local residents, families and carers
- Enjoy a calm, accessible environment with lunch and refreshments provided



**Tuesday 21 April, 10.30am – 1.30pm**

**Upper Holloway Baptist Church, 11 Tollington Way, London N7 6RG**

Booking is essential

To reserve your place, email [info@islingtoncarershubs.org](mailto:info@islingtoncarershubs.org), call **020 7281 3319** or visit [islingtoncarershubs.org](http://islingtoncarershubs.org)

## Free Online Workshop For Parents And Carers

**UK teenagers spend an average of 35 hours a week on their smartphones - this is the equivalent of a full-time job** (source: Smart Phone Free Childhood).

With so much time spent online, it's natural for parents and carers to feel concerned about who their children are interacting with and what they may be exposed to.

Join our **FREE workshop** to learn more about topics such as the influence of social media, the signs and stages of exploitation, and how we can prevent young people being affected by knife crime as parents, carers and as a community.

### Helping Our Children Stay Safe

**Thursday 23rd April 6 - 8pm via Zoom**

This 2-hour workshop is hosted by The Ben Kinsella Trust and covers the following topics:

- Understanding knife crime from the perspective of young people
- The signs and stages of child exploitation
- Gangs and gang-life
- Exploring the link between trauma and exploitation
- Consider online harms, social media, slang and gang-related music
- Understanding how 'issues' with peers can escalate and how young people can manage
- Having meaningful conversations about difficult topics
- Helping our children stay safe; the SAFE 'T's approach

### BOOK YOUR SPACE HERE!

[https://benkinsellatrust.beaconforms.com/form/479e4444?gl=1\\*7f06sg\\*\\_ga\\*MTM1OTc0NDU0OS4xNzczODMxOTc...](https://benkinsellatrust.beaconforms.com/form/479e4444?gl=1*7f06sg*_ga*MTM1OTc0NDU0OS4xNzczODMxOTc...)



## NHS Healthy Start Scheme – Payment Increase from April 2026

Did you know - the government has announced an increase to NHS Healthy Start payments from **April 2026**



- Families with babies **under 1 year** will receive **£483 per year** (up from £442).
- Families with children aged **1–4 years** and **pregnant women from 10 weeks** will receive **£241.80 per year** (up from £221).



The Healthy Start Scheme supports families on lower incomes who are pregnant or have children under 4, helping them buy healthy food (**fruit and vegetables**), milk and vitamins. Eligible families receive a pre-paid card, topped up every four weeks, which can be used in some UK shop.



Check eligibility and apply online at [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) or call 0300 330 7010 for support. Local children's centres can also help with applications.