

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**

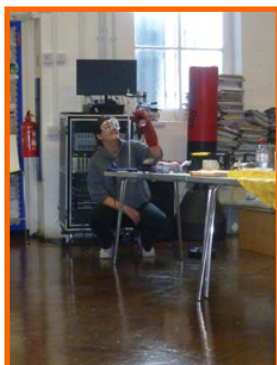
Issue 8 Autumn Term 2024

Friday 8th November 2024

The Royal Institute



The Royal Institute provided a great day of workshops for children and our parents/carers. They all enjoyed exploring the science of food and the energy it holds with all sorts of chemistry and physics demonstrations! Thanks to the Royal Institute for funding these workshops. We are very grateful for their ongoing support. Also, thank you Marta for organising another super event at Pakeman.



DATES FOR YOUR DIARY

End of Term

Friday 20th December
1.30pm



Remembrance Day

November 11th

Reading Volunteers

Some of our wonderful reading volunteers joined us for lunch this week. Each week, they come into school and read with our children, providing much needed support. We are enormously grateful for the time, care, experience and joy that they all bring!



SUPERSTARS



Elm	Anas
Pine	Halima
Cherry	Zahra
Holly	Delphine
Maple	Lily
Willow	Brahim
Palm	Jesaiah
Banyan	Leo
Olive	Deona
Cedar	Pawli
Mahogany	Zakariya
Eucalyptus	Bluebelle
Sequoia	Arsilda

Well done Superstars



Attendance and Punctuality

Year Group	Best Attendance	Most Improved	Best Punctuality
EYFS & KS1	Willow Class	Under 96%	Elm Class Pine Class Maple Class
KS2	Mahogany Class	Mahogany Class	Mahogany Class

My child is unwell, what do I need to do?



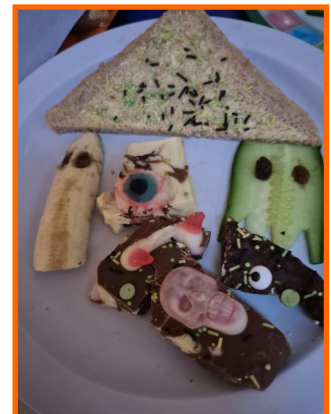
If you have a 0-5 year old child, the chances are they will get an illness with fever this winter. Islington Council have put together some advice. Watch their video for expert advice on what you can do for your child.

[Free Webinar: My Child Is Unwell](#)

Breakfast Club and Play Centre

Julie had a very busy week in the lead up to half term making sure that the children in her care at Breakfast Club and Play Centre had plenty of scrumptious treats to nibble on. The team of staff involved across both centres do so many wonderful things to keep all the children fully entertained and happy before and after school.

Three cheers for this lovely group of Pakeman staff: Julie, Jackie, Vicky, Irena and Louise. Also thanks to Cheryl who is always willing to help out at Play Centre when needed.





Calmer Nights Sleep Workshop

WEDNESDAY 4TH DECEMBER 2024

10:00-12:00
For many families with young children a good night's sleep can be a rare treat!

Come and join us
Meet other parents explore ways to improve both your and your child's sleep and to **feel more confident** about your family's routine.

To book a place register online at:
<https://www.eventbrite.co.uk/e/calmer-nights-workshop-tickets-1002816951497?aff=oddtcreator>

Whittington Health NHS Trust
Free NHS Workshop

LOCATION
New River Green Children's Centre

For parents with children aged 1-5 years and parents who live or have a GP in Islington

Details:
Address:
New River Green Children's Centre
23 Ramsey Walk, London, N1 2SX

For further information call Sara Lakin: 020 3316 1824

To book a place, please register online:



Growing Together
Bright Start ISLINGTON

Nag's Head - Your Opinion Matters

Islington Council is working with the local business community, residents, and other stakeholders to develop a Prospectus of Ideas for the Nag's Head town centre and would be grateful for your views and involvement.

Hopefully, you have already heard about this prospectus initiative.

Staff at [Office S&M Architects](#) are working with Islington Council on the prospectus, supported by [Holloway Neighbourhood Group](#).

They welcome you to send your views on the Nag's Head's longer-term future, regarding social, cultural, economic and environmental issues and aspirations?



Please email your ideas: office@officesandm.com

Let them know if you would prefer to join an online meeting or attend a town centre drop-in session in the near future.

Exciting Families for Life Parent/Carer Champion Opportunity

Would you like to:

- Improve the health of children and families at school?
- Learn transferable skills which look great on your CV?
- Meet a great bunch of like-minded parents?
- Learn new skills?



Then join our Families for Life Parent/Carer Champion programme!

This programme is for inspiring volunteers who would like to support schools and families in Islington to feel good and live well. Free training is provided, teaching and equipping volunteers with skills and knowledge about health and wellbeing to confidently work with families and schools.

As a Parent/Carer Champion you will have the opportunity to become part of a peer support programme to build and share knowledge of local services and health and wellbeing messages and deliver healthy lifestyle programmes.

For further information please contact Jessica Mark – jessica.mark@islington.gov.uk

For information about previous Champions: [Islington Life](#)

Families, Food & Feelings Parenting Programme

Free for parents and carers of children aged 5-17 who live in, are registered with a GP or attend school in Islington or Camden.

The programme is delivered as a termly 6-week group or 1:1 sessions throughout the year. A one-off workshop is also delivered termly.

The friendly facilitators provide strategies and insight to help parents feel confident in:

- Making mealtimes enjoyable
- Setting healthy boundaries
- Encouraging children to eat more fruit and vegetables
- Modelling healthy behaviours
- Understanding emotional eating
- Support with fussy eating
- Helping children to have a healthy relationship with food and more...

Email brandoncentre.healthyliving@nhs.net for more information
Professional and self-referrals accepted

Brandon Centre

The Enhanced Healthy Living Service

3rd of December
10:00-12:00 AM (online)

Join our free workshop!

Key elements include:

- Strategies to encourage healthy eating at home
- Tips to create helpful boundaries
- Finding ways to promote a positive relationship with food
- Learning about emotional eating

This workshop is for:
Parents with children struggling with excess weight (aged 5-17)
You must be registered with a GP in Camden or Islington

We look forward to meeting you

Our aim is to support families to find a compassionate and sustainable approach to working with their children towards an enjoyable and healthy lifestyle.

Further support for parents is available after the workshop

Scan the link below to sign up:



or email:
brandoncentre.healthyliving@nhs.net

Brandon Centre

Weekly Music Sessions

Join weekly music sessions at the Parent/Carer House for parents/carers of children under 3 years old, including:

- Musical games
- Songs for your baby's routine
- Interactive music-making
- Ideas for music-making at home
- Music and mindfulness (self-care for parents/carers)

When: Wednesdays, from 9 October

Time: 9.45 to – 11.30

Where: New River Green Children's Centre, 23 Ramsey Walk, N1 2SX

To book or to find out more contact **0207 837 1383**



ISLINGTON
For a more equal future

