

# 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 9 Autumn Term 2024

Friday 15th November 2024

## Pakeman Displays

We are very proud of our latest displays around school - both in our classrooms and the shared areas. We thought it would be nice to share these with you today. Thank you to all our staff and children for making Pakeman such a vibrant learning environment!



## DATES FOR YOUR DIARY

End of Term

Friday 20th December  
1.30pm



## Health and History Walks

Learn about Islington's fascinating history through free guided walks: last Friday of every month.

For details: [History Walks](#)



## SUPERSTARS



Elm	Ayaan
Pine	Jace
Cherry	Marwa
Holly	Veronica
Maple	Harun
Willow	Bryan
Palm	Kaelan
Banyan	Louise
Olive	Mohammed
Cedar	Aqeel
Mahogany	Alisha
Eucalyptus	Sami
Sequoia	Fatimah

Well done Superstars



## Attendance and Punctuality

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

## Potty Training

Learning how to use the potty or toilet and stopping wearing nappies is a big milestone for children. [ERIC](#) - The children's bladder and bowel charity recommend starting early. For some great tips on how to support your child please visit the Bright Start link:

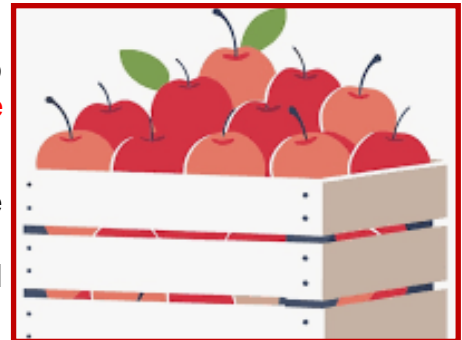
[Potty Training](#)



## Food Hub and CreAte

We had a huge surplus of apples and pears this week, so please **don't forget to come along to see what's in the community fridge - every Tuesday from 2:30 - 4pm.**

Luckily, for the families in CreAte club, this meant the children had a great excuse to make some delicious apple, cinnamon, pear and ginger cobblers with fresh custard. Well done everyone. They look amazing!



Why don't you try making something similar at home this weekend. Try out this BBC Good Food recipe: [Fruit Cobbler Recipe](#)



# Do you shop at the Co-Op? Please vote for us!

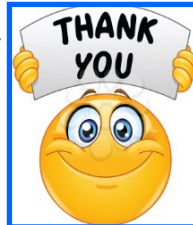
Pakeman Primary School PTA is now part of the **@Coopuk Local Community Fund!**

To find out more about our project and to choose Pakeman as your cause, click here:

<https://membership.coop.co.uk/causes/86890>

The more votes we get the better chance we have of getting financial support to take our Year 6 children away on a residential trip!

Thank you.



## CHOOSE US AS YOUR LOCAL CAUSE

Co-op Members can support us through the Local Community Fund  
[membership.coop.co.uk/causes](https://membership.coop.co.uk/causes)



### Lunch hall rules



Talk quietly



Line up sensibly



Tidy away your space



Use your table manners



### Playground rules



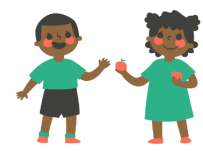
Look after each other



Line up sensibly



Look after equipment



Sharing is caring

## Bright Start

### Did you know?

Bright Start is the name for Islington's services for under-5s and their families living in Islington and includes Start for Life and Family Hubs.



You can find services in children's centres, nurseries, health centres, community centres and libraries across Islington.

Bright Start services are delivered in the North, Central and South areas. If you live in Islington you can attend sessions in any area but for some services you will need to know which area you live in. You can use the [local area finder to find out your area](#).

### Register:

To use Bright Start services you will need to [register using the online form](#) or [download the print form](#) version.

### Contact:

For more information:

**Bright Start North: 020 7527 8441** **Bright Start Central: 020 7527 8465** **Bright Start South: 020 7527 4089**  
or email [fis@islington.gov.uk](mailto:fis@islington.gov.uk)

### Bright Start Islington provides childcare and early education plus:

- Child health clinics
- Health visiting
- Free healthy start vitamins
- Speech and language therapy
- Breastfeeding/infant feeding advice
- Benefits advice
- Help with finding work
- Parenting programmes

The Enhanced Healthy Living Service

**3<sup>rd</sup> 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  
Islington Health Practice



**FOOD HUB**

**COMMUNITY FRIDGE**

**NOW IN THE LAB**  
Every Tuesday from  
2:30pm

**REMEMBER TO BRING A BAG!**

**BRIGHT FUTURES LINK TONI AVAILABLE NOVEMBER 19TH FOR INDIVIDUAL CONSULTATIONS ASK MARCIA TO BOOK A SPOT 3:00PM - 4:00PM**





## REMINDER:

### An 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](mailto:jessica.mark@islington.gov.uk)

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