

# THE PAKEMAN PRESS



**Pakeman  
Primary  
School**

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

Issue 2 Spring Term 2025

Friday 17th January 2025

## What We Eat In Reception

Reception have enjoyed the start of their new topic, 'What We Eat'. Last week they read 'The Little Red Hen' and learned about wheat and how bread is made. They then sampled different types of bread and made some tasty bread of their own!



This week they have been reading the story 'Oliver's Vegetables'.



The children pulled up some tasty beetroot from Marcia's vegetable patch. They then cut it up and even did some printing with it. Many children tasted the beetroot and kale too. Finally, they added some other vegetables to make their own delicious vegetable soup.



After finding seeds inside both peppers and tomatoes they decided to plant them and see what happens when they grow...watch this space!



## DATES FOR YOUR DIARY

### Half Term

Mon 17th Feb - Fri 21st Feb

### End of Spring Term

Friday 4th April  
(Finish 1.30pm)

### Start of Summer Term

Tues 22nd April 2025



## Please note:

Holidays are **not** authorised during term time. Unauthorised holidays could result in penalty charges being issued to those parents and carers with parental responsibility.

## STARS OF THE WEEK



Elm	Redwan
Pine	Halima
Cherry	Zayne
Holly	Melina
Maple	Yunus
Willow	Noor
Palm	Sanaa
Banyan	Jasmine
Olive	Adam A
Cedar	Omar
Mahogany	Maryam
Eucalyptus	Ilyas
Sequoia	Masal





## Funky Hairstyles

KS1 have started work on their new book, 'My Hair'. To celebrate the book, lots of children came into school with fun and funky hairstyles. They look amazing!



**What have you got to Lose?**

**FREE MEN'S 12 WEEK WEIGHT LOSS PROGRAMME**

**SHAPE UP**

SCAN TO WATCH OUR VIDEO

Shape Up is a programme to help overweight men improve their nutrition, increase their physical activity, and reach a healthier weight through food education and enjoyable exercise. Come and see what you have to lose!

Contact [rratcliffe@arsenal.co.uk](mailto:rratcliffe@arsenal.co.uk) to register your interest.



**Everyone welcome!**

Expect a fun, friendly environment where you can grab some food, and learn about the support available to you and your family!

**Community Access fest.**

On 30 January 2025  
From 11am till 2.30pm

At Access Islington Hub North  
6-9 Manor Gardens  
London N7 6LA

Get ready for a lively, welcoming event that brings together people from all around Islington to celebrate the new Access Hub!

## Arsenal Mascot

Well done Aqeel for being a mascot at the Arsenal game on Sunday!

Arsenal VS Manchester United!

What an amazing experience.



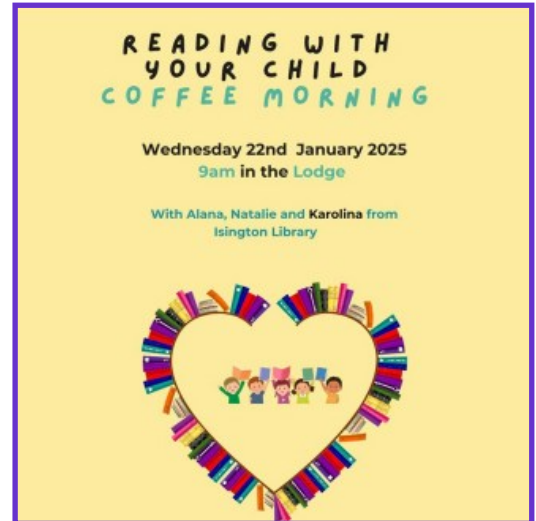




## Attendance and Punctuality



Year Group	Best Attendance	Most Improved Attendance	Best Punctuality
<b>EYFS &amp; KS1</b>	Under 96%	Under 96%	Elm class
<b>KS2</b>	Mahogany class	Under 96%	Mahogany class



## Parenting Programmes

The **Families, Food & Feelings** programme aims to support parents and carers of children aged **5-17** struggling with being overweight in Camden and Islington areas. This programme offers strategies and insight into fostering a healthy relationship with food, tackling fussy eating, increasing fruit and vegetable consumption, setting healthy boundaries and more.

The programme is delivered as a group on Tuesday mornings for 6 weeks (next group begins on **25th February**) or as 1:1 sessions if parents/carers are not able to attend the group. They will also be facilitating a stand-alone workshop for parents/carers to attend on **4th February**, which will provide tips as an addition to the programme or if parents/carers can only attend a stand-alone session.

**The Enhanced Healthy Living Service**

**4<sup>th</sup> of February**  
10:00 AM - 12:00 noon (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**  
Healthy Living Service

**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](mailto:brandoncentre.healthyliving@nhs.net) for more information  
Professional and self-referrals accepted

**Brandon Centre**

## Literacy Programme Partner

We are a Literacy Partner Programme school! This means that we are working with Bookmark to improve our whole school reading culture and outcomes for our students. There are lots of exciting activities planned including a collaboration with our school council and library monitors to improve our library and outdoor reading area. Watch this space!



## Forum Meeting for SEND parents & carers in Islington

Thursday 30 January  
9.30am-12.30pm  
at Lift  
White Lion St, N1

Refreshments & guest speakers  
Run by SEND families for SEND families  
[www.islingtonparentcarerforum.com](http://www.islingtonparentcarerforum.com)

## ENERGY ADVICE WORKSHOP FOR MIGRANTS AND REFUGEES

British winters are cold! So we are running a **free energy advice session** with the charity National Energy Action.

We will explain:

- What to do when you move to a new home
- How to contact the energy company and get support
- Take control of energy bills and learn how to read meters
- Give you lots of useful energy saving ideas.

There are **limited spaces** and those attending will receive **several really useful energy-saving gifts**.



Thursday 23 January  
11 am - 2 pm  
Manor Gardens



### Aile Mutfağı

### Ebeveynler ve çocuklar birlikte

Sizin ve çocuğunuzun daha iyi beslenmesini ve sağlıklı olmasını ister misiniz?

Minik Kardeş çalışanı Zeyno Atmaca ile birlikte ücretsiz ve eğlenceli Aile Mutfağı programına katılın. Program, 2-5 yaş arası çocukları olan ebeveynler ve çocukları için ücretsiz düzenlenmektedir.

Daha fazla bilgi için:

• Web sitemizi ziyaret edin:  
[www.islington.gov.uk/familiesforlife](http://www.islington.gov.uk/familiesforlife)

4 haftalık program

Perşembe, 30 OCAK 2025 başlıyoruz!

10am - 12noon

Hornsey Road Children's Centre 8, Tiltman Place N7 7EN

Birlikte yemek yapmaya ve yemek yemeye katılın!

To book  
please contact  
Zeyno Atmaca  
07918045614

Family Hubs, Start for Life



### LinkWorker

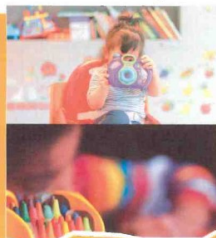
### Turkish Speaking Community

#### Herkese Merhaba

Bu kez Minik Kardeş'in için çalışan aile eğitimci arkadaşlarımız Islington bölgesindeki çocuk merkezlerine çalıştıkları Türkçe konuşan ailelere hizmet veriyoruz.

#### Türkçe konuşan aileler için sunduğumuz hizmetler:

- Çocuk merkezlerinin hizmetleri hakkında bilgi verir ve bunlardan en iyi şekilde nasıl yararlanılacağı konusunda rehberlik ederiz.
- Ailelerin Bilgilendirme bölgesindeki diğer hizmet kuruluşlarını tanıtmak ve onlarla iletişime geçmelerine yardımcı oluyoruz.
- 2 yaşındaki çocuklar için ücretsiz eğitim başvurularını (haftada 15 saat) ile ailelere yardımcı oluyoruz ve aileleri kendileri için en iyi kreş seçimine destek oluyoruz.
- Çocuklarımızın en iyi şekilde nasıl yetiştirileceğimize dair ebeveynlik programları düzenliyoruz.



#### İletişim Bilgilerimiz

Sevil Katan

Outreach Manager

0779220208

Zeynep Yucetas

Bright Start Central

07913128438

Güneş Sokalloglu

Bright Start South

07342831552

Zeyno Atmaca

Bright Start North

07918045614

Türkçe konuşan tüm aileler için  
hizmet veriyoruz. Başlatma, başlatma



### LinkWorker

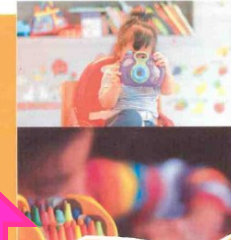
### Turkish Speaking Community

#### Hello Everyone,

We are community link workers, working for Minik Kardeş. We serve Turkish speaking families through the children's centres in the Islington area.

#### What we deliver for our Turkish speaking communities:

- We inform about the services of children's centres and guide on how best to utilise them.
- We introduce families to other service providers in the Islington area and help families to get in touch with them.
- We help families with applications for free education for 2-year-old children (15 hours per week) and support families in choosing the best nursery for them.
- We organise parenting programmes on how best to raise our children.



#### Our Contact

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Bright Start Central

07913128438

Güneş Sokalloglu

Bright Start South

07342831552

Zeyno Atmaca

Bright Start North

07918045614

We are here for all Turkish speaking families  
(Azeri, Azeri, Azeri and Azeri)



We apologise for the quality of this poster - please speak to Marcia if you require more information about the content relating to Link Workers.






## The future of Nags Head Town Centre

Following contributions from local residents, as well as councillors, council officers and businesses plus a range of other stakeholders, a draft ***Nag's Head Prospectus of Ideas*** document is available to look at. It contains lots of information on future ideas for the town centre. Any comments on the document can be made before it is finalised by Monday 27 January - so do take a look and see what you think.

The document can be viewed online at:

[https://issuu.com/office-sandm/docs/24560\\_nags\\_head\\_prospectus\\_of\\_ideas\\_final\\_draft](https://issuu.com/office-sandm/docs/24560_nags_head_prospectus_of_ideas_final_draft)



### Introducing the North Access Islington Hub!

The North Islington Access Hub is the place to visit if you need support with:

- Money
- Food
- Housing
- Wellbeing
- Family
- Community Safety
- Work-related issues

**Language Support:** If you need language support or feel your needs were not understood by council staff, a bilingual Manor Gardens Centre adviser will join your session to ensure you are fully understood and receive the help you need.

**Access the support you need in your language:** Albanian, Amharic, Arabic, Bengali, Czech, Dari, Farsi, Greek, Hindi, Pashto, Polish, Somali, Spanish, Tigrinya, Turkish and Urdu

**Visiting the North Hub:** Please drop in for an initial chat with one of our friendly team members or book an appointment. Drop in sessions Monday – Friday 9:00 am – 5:00 pm.

**Book an Appointment:** We will arrange a date, time, and location that suits you.

Email: [Alev@manorgardenscentre.org](mailto:Alev@manorgardenscentre.org)

Call: Telephone: 07784 826 301

**Location:** 6 - 9 Manor Gardens, London N7 6LA  
**Hosted by:** Manor Gardens Centre (Manor Gardens Centre Welfare Trust)

In partnership with:

