

# 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 SpringTerm 2025

Friday 10th January 2025

## We need YOUR vote at the Co-Op!

We have been selected to be part of the @Coopuk Local Community Fund! To receive money **we really need you to vote for us - Pakeman Primary School as your chosen cause.** It's easy to become a member and there are lots of benefits.



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 some financial support to take our Year 6 children away on a residential trip! Please help Pakeman to achieve another great goal for our children.

Co-op Local Community Fund - Pakeman Primary School PTA



### 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



TOY SALE  
Bottom hall  
Wednesday 15th  
January  
Before and After  
school  
8.45am and 3.20pm

## The Anglo-Saxons

This term, children in Years 3 and 4 will be learning about the Anglo-Saxons as part of their topic work.

This week, they began this topic by exploring Anglo-Saxon shields. They discovered what they looked like, what they were made of and how they were used. Using this knowledge, the children designed and created their own shields, combining history with creativity. Great work everyone!



## THRIVING THURSDAY: TAKE TIME TO TAKE A TREK!

9:00AM EVERY THURSDAY MORNING  
MEETING AT FRONT SCHOOL GATE

WE WILL BE GETTING IN SOME OF OUR  
10,000 STEPS  
WITH A FEW CURCUITS AROUND  
ARSENAL STADIUM



## READING WITH YOUR CHILD COFFEE MORNING

Wednesday 22nd January 2025  
9am in the Lodge

With Alana, Natalie and Karolina from  
Isington Library



## Library services for families, children and young people

### Did you know?

Every library has a children's area with books, music, story CDs, comics, games and toys to play with. Other children's resources include free computers and wi-fi.

There are also weekly Baby Bounce Rhyme Times and Under 5s Story and Song sessions Rhyme Time Story Times and Toys.

Joining your local library service is free and once you are a library member you are welcome to use any library in your local authority.

### Local Library Membership



### Toy Libraries

Parents and carers can borrow up to three toys for three weeks, free of charge.

This is a super facility. Toys can be borrowed at the following times:

- Mildmay Library: Thursdays 11.30am
- North Library: Tuesdays 11.30am
- West Library: Fridays 11.30am
- Finsbury Library: Thursdays 11.30am

You can find out more by downloading:

[Local Library Times and Facilities](#)



## REMINDER - Clinics end on 14 January It's not too late for your child to get a flu vaccine

All children from Reception to Year 11 are eligible for a free flu vaccine. Your child can get **the nasal flu vaccine** for a few more days via:

[Vaccination UK community clinics](#)



# A goal without a timeline is just a dream

Join Marcia and Natalie for a workshop on GOAL SETTING

TUE 14TH 2:30PM IN THE LAB



Join Natalie and Marcia next week for some practical strategies for setting and achieving personal and family goals, using the 6 steps principles.

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**MY SMART GOAL PLANNER**

<b>S</b>	SPECIFIC	What exactly do I want to accomplish?
<b>M</b>	MEASURABLE	How will I know when I meet my goal?
<b>A</b>	ATTAINABLE	Is it possible to meet this goal with effort by my timeline?
<b>R</b>	RELEVANT	Is this goal worth working hard to accomplish? Does it help me with my long term goals?
<b>T</b>	TIMELY	What is the deadline I have set to meet this goal?

The session is designed to be interactive and practical, so you can leave with a clear understanding of how to start applying the steps to your own lives.

## Free Access to Sport

The Access to Sport team continue to offer an extensive programme of free sports coaching for residents of Islington, Hackney and Haringey. The coaching team offer free sessions in a wide range of sports.



These include football, archery, tennis, rugby, athletics, basketball, netball and more.

For further information and timetables please click on the link: [Access To Sports](#)

## Free Cost of Living Workshop for Islington parents

22nd January 2025



**Mind your Money workshop (Facilitated by The Money Charity)**



Worrying about money can affect your mental health and make you feel anxious and stressed. This workshop explores the link between financial stress and mental wellbeing. **Don't struggle alone.**

Wednesday 22nd January 2025 (10 to 11.30am)  
The Parent House, 55 Calshot Street, N1 9AS [www.theparenthouse.org](http://www.theparenthouse.org)

To Book : Contact 0207 837 1383 [Anita@theparenthouse.co.uk](mailto:Anita@theparenthouse.co.uk)

You can also sign up for free children's clothes and apply for Food Bank Vouchers.



## It really is OK to say you are not OK



Islington has many services available for parents/carers and families who are needing support with emotional well-being. Sometimes just having someone sit and listen to you can make a huge difference. Your Health Visitor can offer this to you through emotional well-being visits. Or they may guide you to the right support suited for you.

If you notice that you or your partner are struggling emotionally as this new year begins, speak to your GP or Health Visitor. If you are unsure which Health Visiting team you are linked with, you can check this by contacting the Islington 0-19 team on **020 3316 8008**.

### Bright Start Islington

Do remember that Bright Start Islington is with you every step of the way, from pregnancy to your child's fifth birthday.

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

[Registration form - Bright Start services.](#)



### Contact Details

For more information about any of our services please contact:

#### Bright Start

✉ [brightstart@islington.gov.uk](mailto:brightstart@islington.gov.uk)



**Bright Start North**  
☎ 020 7527 8441



**Bright Start Central**  
☎ 020 7527 8465



**Bright Start South**  
☎ 020 7527 4089

#### Health Visiting

We are working with you face to face if you are happy to see us in your home or in a community setting but can make it virtual too. Do call the number in your child's red book or alternatively we can help if you call us on 020 3316 8008.

#### Family Information Service, FIS

If you need support looking for childcare or free early learning, finding fun activities for your child or need information about services to support you, contact:

☎ 020 7527 5959

✉ [fis@islington.gov.uk](mailto:fis@islington.gov.uk)

🌐 [www.islington.gov.uk/fis](http://www.islington.gov.uk/fis)

## Bright Start services, what's on offer



#### Antenatal and Postnatal Midwifery Clinics

Clinics are run by UCLH (020 3447 9400) and Whittington (020 7288 3482) midwives – Contact your midwife for further information.

#### Breastfeeding Support

For individual support feeding your baby contact the Breastfeeding Support Team, 020 3316 8439. Groups listed on the timetable provide general information, support and an opportunity to meet other breastfeeding mothers.

#### Health Visiting

Appointments with your health visiting team will be sent at regular intervals to discuss your child's health and development needs. You can also see them at a child health clinic: **t: 020 3316 8008**.

#### New Parents Group

A 6-week group for first time parents and their new born babies dealing with a variety of topics and creating supportive networks. To book a place please contact your local Bright Start area or your Health Visitor.

#### Parenting Programmes

There are a range of parenting programmes on offer that cover different ages and different situations. For more information speak to a member of staff or visit [islington.gov.uk/parentingprogrammes](http://islington.gov.uk/parentingprogrammes)

#### Workshops

Bright Start teams deliver workshops for parents covering a range of topics such as sleep, starting solid foods and early communication development. For more information speak to a member of our team.

#### CAMHS and Growing Together

Child and Adolescent Mental Health Service (CAMHS) and Growing Together support families with a range of emotional, well-being and behavioural needs. For more information pick up a leaflet in one of our children's centres or speak to a member of staff.

#### Information, Advice and Guidance Surgeries

If you have a question, need some information, advice or guidance you can speak to one of our Family Engagement

Workers on the phone or in person at one of our surgeries. telephone service: Monday, Wednesday and Friday 9am-12noon, **t: 020 7527 8376**

#### Housing Surgery

A monthly surgery for families in privately rented accommodation. To book a place please contact your local Bright Start area via email.

#### Parent Champions

Did you know there are opportunities to volunteer with Bright Start as a parent champion? For more information contact Selda Aygun **email: [selda.aygun@islington.gov.uk](mailto:selda.aygun@islington.gov.uk), tel: 020 7527 6835**

#### Childcare and Free Early Education

Islington's high-quality nurseries and childminders provide childcare for working or studying parents and free early education hours for 2, 3 and 4 year olds. Speak to our staff about providers in your area or drop in to meet childminders at one of our groups.

#### Stay and Plays

All our Stay and Plays are accessible and inclusive but we also offer sessions for more specialist support. Outdoor stay and plays follow forest school principles.

#### Special Educational Needs and Disabilities (SEND)

The following activities are by appointment only and support children and families with a range of SEND run by Bright Start staff. For more information speak to a member of staff about Extra Boost.

#### Chatterpillars

Communication focused Stay and Play course, sharing strategies with parents to support their child's expressive language needs.

#### Speech and Language Therapy

Bright Start Speech and Language Therapists support children with speech, language and communication needs by sharing strategies and advice with parents during visits to Stay and Plays and parent workshops. For more information please speak to a member of staff.

#### Childminding groups

Are for registered childminders and the children they look after. Children play while childminders meet, gain support and share ideas. Their children can access a wide range of activities while taking part in large group play. Parents can visit to discuss childminding options.