



Newsletter

Friday 5th September 2025



To Parents and Carers,

Welcome back, it has been a truly wonderful first week of the new academic year, and it has been an absolute delight to see all the children settle back into school life with such enthusiasm after the summer holidays. The classrooms are buzzing with activity, and it's clear that everyone is eager to learn.

A warm welcome to all our new families who have joined us this year, especially our new Reception children. They have been incredibly brave and have already made some lovely new friends.

You may have seen a new addition to our KS2 playground in the form of a double-decker bus. We are very excited, and so are the children! This is Pelham's new project, to transform the bus into a library for children to enjoy at playtimes and for parents and children to loan books from each week. We will keep you updated with the progress as it transforms over the term.

We're excited to share some important information regarding PE days and music lessons for the upcoming year:

PE Days:

- **Year 1 and 3:** Tuesday
- **Year 2 and 4:** Wednesday
- **Year 6:** Thursday
- **Year 5:** Friday

Please ensure your child comes has their PE kit in school for their designated PE day. Mr Robinson sent a letter on Wednesday suggesting PE kits are in school on Monday and taken home Friday for washing.

Music Lessons:

This academic year, all children in Years 1-6 will be taught music by a specialist music teacher from Stretto Music. We are thrilled to offer this enhanced music provision.

- On **Wednesday**, children in Year 6 will learn the violin.
- Children in Years 1-5 will have their music lessons on a **Thursday**.

We are also excited to announce that all children in KS2 will learn British Sign Language (BSL) as their Modern Foreign Language this year. This will be taught by our specialist Teacher of the Deaf.

We are looking forward to a fantastic year of learning, growth, and fun. Thank you for your continued support in making our school a vibrant and nurturing environment for all our pupils.

Kind Regards,

Miss Took

Miss C. Took
Head of School

Dates for your Diary



Monday 8th September 2025	Tuesday 9th September 2025	Wednesday 10th September 2025	Thursday 11th September 2025	Friday 12th September 2025
	Secondary Section Test for Year 6 (those who opted in)			

Attendance % & Number of Children Late

For W/E 05/09/25



Challenge– Let's hit the 96% mark for all classes. Those classes who have had the biggest improvement will win a prize!

Bumblebees	100.0%	1
Ladybirds	96.3%	0
Butterflies	100.0%	1
Dragonflies	89.5%	0
Kangaroos	97.4%	0
Koalas	86.6%	0
Penguins	96.2%	1
Polar Bears	92.3%	0
Flamingos	92.5%	3
Pelicans	93.3%	1
Giraffes	87.5%	0
Zebra	92.6%	3
Parakeets	94.8%	3
Starlings	94.6%	0

Dogs Behaving **VERY BADLY**

Got a NON-BEHAVIOURAL question?!

This year with the help of Vets, Groomers and Nutritionists Graeme will be answering your non-behaviour related questions!

From the everyday to the more unusual, some examples would be:

What's the best way to wash my dog?

Is there such things as doggy superfoods?

How can I get my dog to take their medication?



Email your questions to
questions@avalonuk.com

Any information which you give us will be processed in accordance with our Privacy Notice, a copy of which can be found at



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ADHD Post Diagnosis

This workshop is for parent carers of children and young people who have been diagnosed with ADHD in the last 12 months.

The workshop will provide information and support to Bexley parents and carers following their child or young person's ADHD diagnosis.

The workshops are co-presented by Karen Upton, a retired Bexley GP and Stacey Yusuf from Bexley Voice, who both have vast lived experience.

Karen explains some of the medical model and terms you may have heard on your journey and some practical strategies on how to help your child.

Stacey shares information about resources and support you can get, local to Bexley and nationally.

Face-face daytime and online evening sessions are available.

www.bexleyvoice.org.uk

Health Workshop

Daytime 10am-12noon:

- Tuesday 23rd September 25
- Tuesday 16th December 25

**Danson Youth Centre
Bexleyheath
DA7 4EZ**

Evening 7pm-9pm:

- Wednesday 12th November 25
- Wednesday 11th February 26

Via MS TEAMS

Our free health workshop series provide Bexley Voice members with the opportunity to get information and gain new skills relating to your child or young person's condition (pre- and post-diagnosis). You will access peer parent-to-parent insights, feel less isolated, increase resilience and have more strategies to cope.

Advance booking required at:
<https://forms.office.com/e/5av5iaMph0>

or scan the QR code:





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EHCP (Education, Health and Care Plan) Annual Review Process

The workshop will be delivered by the Bexley Voice team and is aimed at parent carers of all young people who already have an EHCP in place and who want to learn more about the annual review process.

The workshop will cover:

- An introduction to Annual Reviews and what to expect
- Annual Reviews at key transfer stages
- Annual Reviews Year 9 and above

www.bexleyvoice.org.uk

Education Workshop

Daytime 10am-12noon:

- Tuesday 18th November 25
**Danson Youth Centre
Bexleyheath
DA7 4EZ**

Evening 7pm-9pm:

- Wednesday 4th March 26
Online via MS TEAMS

Our free education workshops provide Bexley Voice members with the opportunity to increase their knowledge and skills regarding SEN support, EHCPs and Annual Reviews. Gain access to other parent insights, reduce isolation, increase knowledge of other support services and resources, develop strategies to cope and reduce stress.

Advance booking required at:

<https://forms.office.com/e/L86NaKwxjv>

or scan the QR code:





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Autism Post Diagnosis

- Has your child been diagnosed with autism in the last 12 months?
- Join us to find out more about autistic behaviours and strategies to help
- Find out about local resources and services available to you

The workshops are co-presented by Karen Upton, a retired Bexley GP and Stacey Yusuf from Bexley Voice, who both have vast lived experience.

Under age 12 and over age 12 workshops are available, face-to-face and online.

www.bexleyvoice.org.uk

Health Workshop

Various dates available

Venue:

Learning and Enterprise College
Bexley
or online via
MS TEAMS

Our free health workshop series provide Bexley Voice members with the opportunity to get information and gain new skills relating to your child or young person's condition (pre- and post-diagnosis). You will access peer parent-to-parent insights, feel less isolated, increase resilience and have more strategies to cope.

Advance booking required at:
<https://forms.office.com/e/gXUUBe7auU>

or scan the QR code:





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EHCPs (Education Health and Care Plans) and Outcomes

The workshop will be delivered by members of the Bexley Voice team and will give an overview of:

- The contents of an EHCP (Education, Health and Care Plan)
- Your part in the process
- What good outcomes look like
- How to drive the process

The workshop will be of the most benefit to those who are in the EHCP assessment process or for those who have recently secured an EHCP.

www.bexleyvoice.org.uk

Education Workshop

Evening 7pm-9pm:

- Wednesday 5th November 25
- Online via MS TEAMS

Daytime 10am-12noon:

- Tuesday 3rd February 26
- Danson Youth Centre
Bexleyheath
DA7 4EZ

Our free education workshops provide Bexley Voice members with the opportunity to increase their knowledge and skills regarding SEN support, EHCPs and Annual Reviews. Gain access to other parent insights, reduce isolation, increase knowledge of other support services and resources, develop strategies to cope and reduce stress.

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or scan the QR code:





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EHCP Needs Assessment (Education, Health and Care Plans)

If interventions in school to meet your child's needs at SEN support level (Special Educational Needs) have been exhausted, you may feel you need to explore an EHCP (Education, Health and Care Plan).

The first step towards an EHCP is to request an assessment of your child's needs. This workshop will look at both the legal requirements for this process and the Bexley application form and process.

The workshop will be delivered by the Bexley Voice Team.

www.bexleyvoice.org.uk

Education Workshop

Daytime 10am-12noon:

- Wednesday 8th October 25
Danson Youth Centre
Bexleyheath
DA7 4EZ

Evening 7pm-9pm:

- Wednesday 21st January 26
Online via MS TEAMS

Our free education workshops provide Bexley Voice members with the opportunity to increase their knowledge and skills regarding SEN support, EHCPs and Annual Reviews. Gain access to other parent insights, reduce isolation, increase knowledge of other support services and resources, develop strategies to cope and reduce stress.

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or scan the QR code:





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Neurodiversity Pre-Diagnosis

Do you think your child may be neurodiverse?

Neurodiversity is a word used to explain the unique ways people's brains work. While everyone's brain develops similarly, no two brains function just alike. Being neurodivergent means having a brain that works differently from the average or "neurotypical" person.

You may be on the pathway to diagnosis or just questioning. Come to our workshop (focusing on ASD and ADHD) to find out more.

We will cover:

- Sensory sensitivities
- Masking/burnout
- Pathways to diagnosis
- SEN Support/EHCPs
- Signposting for parents
- Questions and answers

Under age 5 and age 5-18 workshops will be available, as the pathways to diagnosis and support will vary.

www.bexleyvoice.org.uk

Health Workshop

Various dates available

Venue:

Danson Youth Centre
Brampton Road
Bexleyheath, DA7 4EZ

or online via:

MS TEAMS

Our free health workshop series provide Bexley Voice members with the opportunity to get information and gain new skills relating to your child or young person's condition (pre- and post-diagnosis). You will access peer parent-to-parent insights, feel less isolated, increase resilience and have more strategies to cope.

Advance booking required at:

<https://forms.office.com/e/x2Mx6QWpPJ>

or scan the QR code:





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Special Educational Needs Support

This workshop is for parents and carers wanting to find out more about what support is available for their child or young person.

The workshop will aim to explain:

- What Special Educational Needs (SEN) support is
- What the Quality First Teaching Toolkit is and how to utilise the toolkit effectively in meetings
- Where you can seek information on your legal rights at SEN support level and the terminology used

The workshop will be delivered by members of the Bexley Voice Team.

www.bexleyvoice.org.uk

Education Workshop

Evening 7pm-9pm:

- Wednesday 10th September 25
- Online via MS TEAMS

Daytime 10am-12noon:

- Wednesday 14th January 26
- Danson Youth Centre
Bexleyheath
DA7 4EZ

Our free education workshops provide Bexley Voice members with the opportunity to increase their knowledge and skills regarding SEN support, EHCPs and Annual Reviews. Gain access to other parent insights, reduce isolation, increase knowledge of other support services and resources, develop strategies to cope and reduce stress.

Advance booking required at:

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or scan the QR code:





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Tea & Talk Parent Carer Support Group

Join us for a cuppa and an informal chat about anything SEND.

Members and non-members are welcome

9:30am - Discussion with the Bexley Voice Team
SEN support and the use of the Quality First Teaching and Special Educational Needs Support Toolkits in schools.

10:30am - Bexley ASD Advisory Service
A representative from ASD team will give an overview of the service and will take questions.

1-1 Appointments available with:

- Kate Courtney, Designated Clinical Officer SEND
- Clare Brightwell, Speech and Language Therapist from Oxleas
- Danny Graham, Benefits Advisor from DWP
- Laura Bakker, Bexley Early Intervention Team Manager

Case Officer Team 1-1 bookings:

- Esther Welsh, Case Officer for schools beginning with N, O, P and LECB (Learning & Enterprise College Bexley)
- Natasha Prigg, Case Officer, Woodside KS3/4/5, Parkway Primary (mainstream), Break Through
- Lucy Fairclough, Case Officer Manager

www.bexleyvoice.org.uk

Tuesday 9th September
2025

The Danson Youth Centre
Brampton Road
Bexleyheath
DA7 4EZ

9:30am-12:30pm

- Come to all or part of the morning
- No need to book just come along
- Speak directly to the Bexley Voice Team

Advance booking only necessary for 1-1 sessions

To request a 1-1 slot go to:

<https://bexleyvoice.org.uk/calendar/Item/53846702>

or scan the QR code for more information:



Lunch Menu



APRIL TO OCTOBER 2025

WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	<p>Mild Chilli Beef</p> <p>Tomato & Herb Penne Pasta 1 VG Jacket with a Choice of Toppings 7,8,9</p> <p>Rice, Mixed Peppers, Peas</p> <p>Jammy Finger 1,6 VG & Custard 7</p> <p>Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Chicken Pesto Pasta Shells 1,7</p> <p>Rice & Bean Burrito & Wedges 1 VG Jacket with a Choice of Toppings 7,8,9</p> <p>Seasonal Vegetables</p> <p>Ice Cream 7</p> <p>Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Sausage Roll & Gravy 1,6</p> <p>Vegetable Sausage & Gravy VG Jacket with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes, Green Beans, Carrots</p> <p>Fruit Jelly VG</p> <p>Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Margherita Pizza 1,3,7 V</p> <p>Loaded Cajun Bean Wedges VG Jacket with a Choice of Toppings 7,8,9</p> <p>Rainbow Pasta 1, Sweetcorn, Coleslaw 9</p> <p>Sultana Cake 1VG</p> <p>Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Fish Fingers 1,8 or Salmon Fish Cake 1,7,8</p> <p>Cheese & Tomato Pinwheel 1,7 V Jacket with a Choice of Toppings 7,8,9</p> <p>Chips, Peas, Baked Beans, Cucumber</p> <p>Caramel Cookie 1,7</p> <p>Yoghurt 3,7</p> <p>Fruit Pots VG</p>
WEEK TWO	<p>Vegetable Nuggets with Katsu Sauce 1VG</p> <p>Onion Bhajis with Katsu Sauce VG Jacket with a Choice of Toppings 7,8,9</p> <p>Rainbow Rice, Carrots, Peas</p> <p>Vanilla Sponge 1VG & Custard 7</p> <p>Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Beef & Onion Pie 1</p> <p>Cheesy Pasta Twists 1,7 V Jacket with a Choice of Toppings 7,8,9</p> <p>Crushed Potatoes</p> <p>Seasonal Vegetables</p> <p>Chocolate & Mandarin Mousse 7,3</p> <p>Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Roast Chicken & Gravy</p> <p>Roasted Vegetable Hot Pot VG Jacket with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes</p> <p>Broccoli, Carrots</p> <p>Cornflake Cookie 1,3,7,16</p> <p>Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>BBQ Pulled Pork Loaded Wedges</p> <p>Tomato Spaghetti 1 VG Jacket with a Choice of Toppings 7,8,9</p> <p>Cauliflower, Coleslaw 9</p> <p>Spiced Apple Focaccia 1,3 VG</p> <p>Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Tuna Penne Pasta 1,7,8</p> <p>Margherita Pizza 1,3,7 V Jacket with a Choice of Toppings 7,8,9</p> <p>Chips, Peas, Grated Carrot</p> <p>Oaty Biscuit 1,15 VG</p> <p>Yoghurt 3,7</p> <p>Fruit Pots VG</p>
WEEK THREE	<p>Pork & Beef Bolognese Pasta Shells 1</p> <p>Cheese & Pesto Swirl 1,7 V Jacket with a Choice of Toppings 7,8,9</p> <p>Baked Wedges</p> <p>Seasonal Vegetables</p> <p>Ice Cream 7</p> <p>Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Caribbean Chicken Curry</p> <p>Herby Tomato Penne Pasta 1 VG Jacket with a Choice of Toppings 7,8,9</p> <p>Rice, Green Beans, Carrots</p> <p>Peach Sponge 1VG & Custard 7</p> <p>Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Roast Gammon & Gravy</p> <p>Samosa Purf 1 VG Jacket with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes, Cabbage, Swede</p> <p>Fruit Jelly VG</p> <p>Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Macaroni Cheese 1,7 V</p> <p>Coconut & Spinach Biryani 6 VG Jacket with a Choice of Toppings 7,8,9</p> <p>Cauliflower, Mixed Peppers</p> <p>Chocolate Cake 1 VG</p> <p>Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Chicken Bites 1</p> <p>Cheese & Cauliflower Nuggets 7 V Jacket with a Choice of Toppings 7,8,9</p> <p>Chips, Peas, Sweetcorn, Coleslaw 9</p> <p>Ginger Biscuit 1 VG</p> <p>Yoghurt 3,7, Fruit Pots VG</p>



WE ♥ VEGGIES

AVAILABLE 1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg
DAILY 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten VG Vegan V Vegetarian
Primary 3 Selection of Salads 9, Homemade Bread 1,3. Some of our schools may use pre-prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

EMOTIONAL BASED SCHOOL AVOIDANCE (EBSA) PARENT/CARER SUPPORT GROUP

To take place on: **Thursday 25th September, 2025 10 – 11.30am**

Venue: **Bexleyheath Central Library in the Dickens Room.**



Bexley Educational Psychologists are providing parent/carers the space to share their experiences, hear from others and gain support as part of a network for those supporting children and young people who are experiencing anxiety-related difficulties around attending school (including Emotional Based School Avoidance).

If you are interested in joining this group, please email:
parentebsasupport@bexley.gov.uk

Attached with this week's Newsletter in ParentMail is the Wake Up Wednesdays guide on "Developing Healthy Sleep Patterns"



If you would like to speak to a member of the school leadership team please email

pelhamadmin@illuminateminds.org

