



Newsletter

Friday 26th September 2025



To Parents and Carers,

It has been another wonderful week here at Pelham. We have had lots of visitors come to Pelham this week who were all very impressed with the school. They complimented the children on their fantastic learning behaviours and equally how well they play together in the playground. We are very proud.

In last week's newsletter, we told you of an exciting opportunity for year 5 and 6 and how they can apply to be a member of Pupil Parliament. We are looking for 8 children across year 5 and 6 to work together as a team with a member of staff to implement initiatives to improve Pelham School. If your child wants to apply for Pupil Parliament they will need to write a short speech to say why they should be elected and what they can bring to the team. The deadline for applications is now **Friday 4th October 2025**.

Looking ahead we have lots of exciting events happening. Steel the gladiator is coming to Pelham this half term. We have a number of school trips booked in for all year groups and the PTA have organised a number of events. Some dates for upcoming events for the PTA can be found below. Please note we no longer take cash bookings for PTA discos, all children need to be booked in advance.

Reminders

- All children must bring correct PE to school. **This is Navy or Black tracksuit bottoms, leggings or shorts. White or Blue T-shirt (different to their school uniform) and Black trainers.** It is really important that children bring the correct kit to school, if a child does not have their kit, it is not safe for them to partake in the lesson, school shoes do not offer grip when running and school shorts and skirts do not give the child enough flexibility to move freely whilst participating in sport. If your child does not have a PE Kit the school will send a letter home to remind you. If we have a spare kit in school we will give it to your child to enable them to safely participate.
- When dropping your children off at school, teachers are not available in the mornings to be able to meet with parents. If you have a message please give this to the adults on the door. If you need to speak with a teacher and it is a quick conversation, please see them at hometime or send them a message on Class Dojo. If you require a meeting please request this via Class Dojo. We ask all parents kindly, not to enter the school building in the mornings to find teachers, if what you want to discuss is of a serious nature, please see members of leadership on the school gates.
- All children need to bring a jacket or coat to school now that it is getting cooler.

Dates for your Diary

- Learning Showcases for all classes 2.15pm 17th October.
- Parent consultation Evening 3.30 - 6pm 24th and 25th November

Have a lovely weekend all, and we will see you Monday morning.

Kind Regards,

Miss Took

Miss C. Took
Head of School

Dates for your Diary



Monday 29th September 2025	Tuesday 30th September 2025	Wednesday 1st October 2025	Thursday 2nd October 2025	Friday 3rd October 2025
		Year 1 Hall Place Trip Year 5 British Museum Trip	Mr Nourish's Birthday - Celebration Lunch Menu	Year 6 Tower of London Trip

Attendance % & Number of Children

Late

For W/E

09/09/25



Challenge- Let's hit the 96% mark for all classes. Those classes who have had the biggest

Class	Attendance	Lates
Caterpillars	96.7%	4
Bumblebees	93.6%	2
Ladybirds	90.5%	2
Butterflies	92.3%	0
Dragonflies	85.0%	12
Kangaroos	94.6%	2
Koalas	95.3%	3
Penguins	96.7%	2
Polar Bears	94.7%	2
Flamingos	94.9%	1
Pelicans	97.4%	2
Giraffes	93.4%	8
Zebra	95.2%	0
Parakeets	92.3%	1
Starlings	91.0%	2

Term Dates



Illuminateminds Trust - Term Dates 2025/26

September 2025							October 2025							November 2025							December 2025										
Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su
36	1	2	3	4	5	6	7	40			1	2	3	4	5	44						1	2	49	1	2	3	4	5	6	7
37	8	9	10	11	12	13	14	41	6	7	8	9	10	11	12	45	3	4	5	6	7	8	9	50	8	9	10	11	12	13	14
38	15	16	17	18	19	20	21	42	13	14	15	16	17	18	19	46	10	11	12	13	14	15	16	51	15	16	17	18	*19	20	21
39	22	23	24	25	26	27	28	43	20	21	22	23	24	25	26	47	17	18	19	20	21	22	23	52	22	23	24	25	26	27	28
40	29	30						44	27	28	29	30	31			48	24	25	26	27	28	29	30	1	29	30	31				

January 2026							February 2026							March 2026							April 2026										
Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su
1			1	2	3	4		5						1		9							1	14			1	2	3	4	5
2	5	6	7	8	9	10	11	6	2	3	4	5	6	7	8	10	2	3	4	5	6	7	8	15	6	7	8	9	10	11	12
3	12	13	14	15	16	17	18	7	9	10	11	12	13	14	15	11	9	10	11	12	13	14	15	16	13	14	15	16	17	18	19
4	19	20	21	22	23	24	25	8	16	17	18	19	20	21	22	12	16	17	18	19	20	21	22	17	20	21	22	23	24	25	26
5	26	27	28	29	30	31		9	23	24	25	26	27	28		13	23	24	25	26	27	28	29	18	27	28	29	30			

May 2026							June 2026							July 2026							August 2026										
Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su
18					1	2	3	23	1	2	3	4	5	6	7	27			1	2	3	4	5	31						1	2
19	4	5	6	7	8	9	10	24	8	9	10	11	12	13	14	28	6	7	8	9	10	11	12	32	3	4	5	6	7	8	9
20	11	12	13	14	15	16	17	25	15	16	17	18	19	20	21	29	13	14	15	16	*17	18	19	33	10	11	12	13	14	15	16
21	18	19	20	21	22	23	24	26	22	23	24	25	26	27	28	30	20	21	22	23	24	25	26	34	17	18	19	20	21	22	23
22	25	26	27	28	29	30	31	27	29	30						31	27	28	29	30	31			35	24	25	26	27	28	29	30



*School finishes at 1pm on 19/12/25 & 17/07/26

INSET DAYS

HOLIDAYS

Lunch Menu



APRIL TO OCTOBER 2025

WEEKLY MENU

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



WE ♥ VEGGIES

AVAILABLE DAILY 1Wheat 2Crustaceans 3Soybean 4Mustard 5Sesame 6Sulphites/Sulphur Dioxide 7Milk 8Fish 9Egg
10Peanuts 11Molluscs 12Celery/Celery 13Nuts 14Lupins 15Oat 16Gluten 17Barley 18Gluten 19Vegan 20Vegetarian

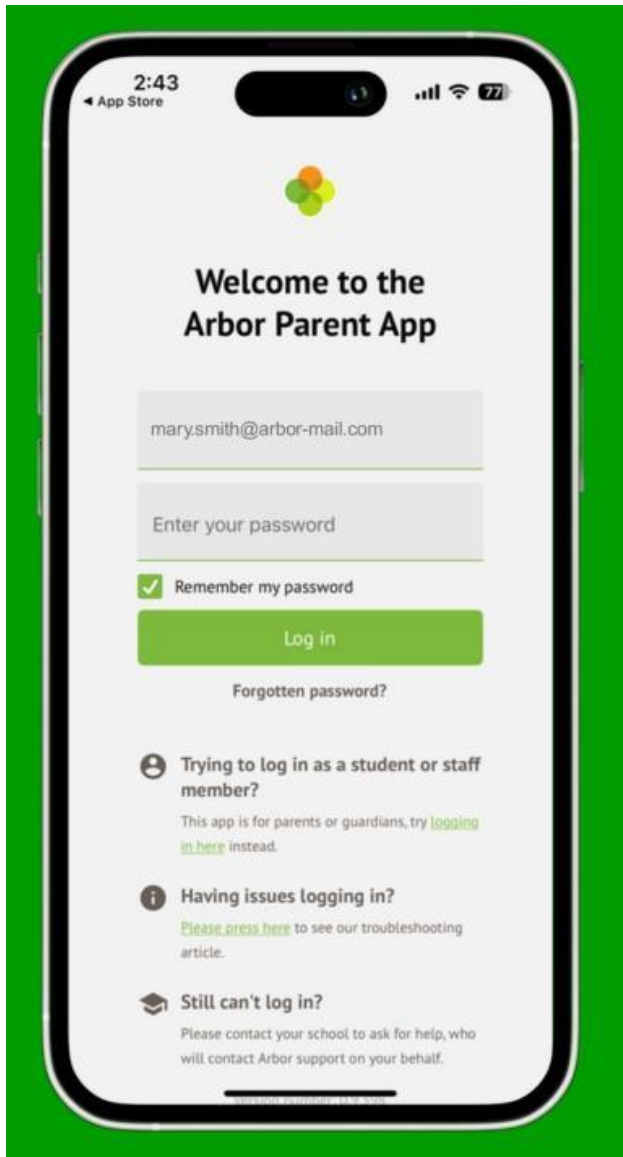
Primary Selection of Salads 9, Homemade Bread 1,3. Some of our schools may use pre-prepped potatoes or vegetables on occasions. These may contain sulphites and celery. Please discuss with your manager.

Information



We're using the
Arbor Parent App!





Please log in to update any changes

- ☒ **Addresses / phone numbers**
- ☒ **Medical Information;- ie GP info, allergies and medical**
- ☒ **Consents;- For school trips, photographs, Walking home**
- ☒ **Mode of travel to school**

Everyone has been sent login details.

If you have any problems please

Please download the app, we are moving away from Parent Mail. Arbor will be how we send letters, emails and texts. You will use Arbor to book breakfast club and for giving your consent to school trips.

It is really import you all download the app. If you have any problems please speak to the

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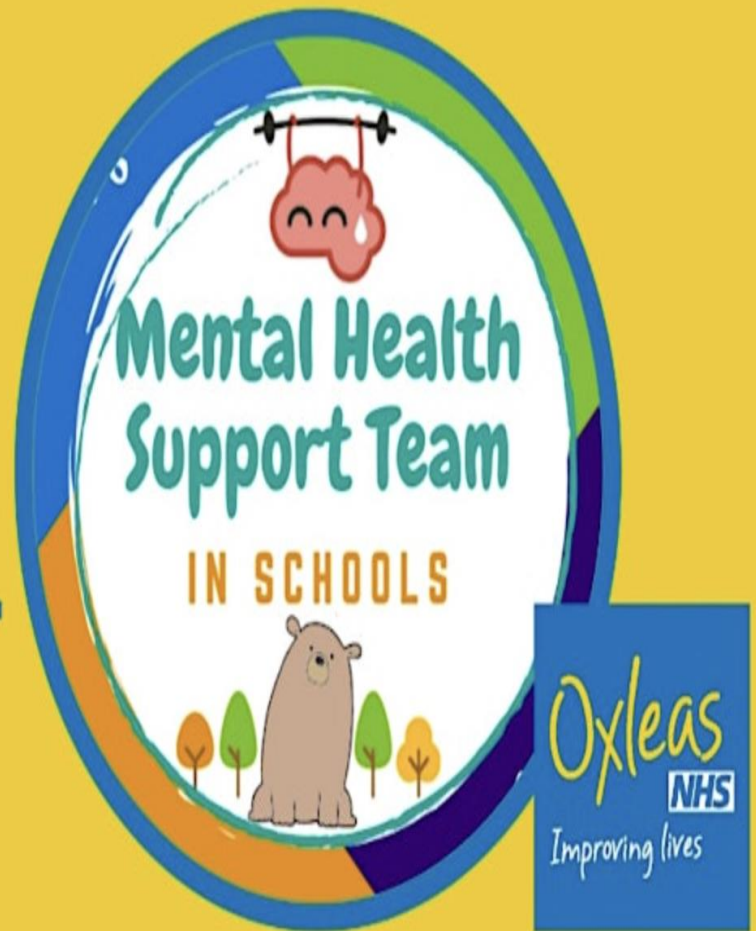
Do you have any old scooters at home in good working condition, that your children have grown

Information



MHST WEBINAR

INTRO TO MHST & SEPERATION ANXIETY



TO BOOK A PLACE

<https://www.eventbrite.co.uk/e/intro-to-mhst-and-seperation-anxiety-tickets-1738544747139?aff=oddtcreator>

Information



7th October - final booking for Spooky Disco
14th October - Spooky Disco (Reception-
Year 2 3.20-4.20 / Years 3-6 4.30-5.30)
5th December - Winter Fair
9th December - Present Sale

Please book the spooky disco via the PTFA facebook page. Bookings close on 7th October 2025. Parents cannot book on the day or pay cash on the door. All bookings must be placed prior.



Pumpkin Carving competition. All entries to be given to class teachers on on 15th October.

Entries £1.50

Competition winners announced in Assembly on Friday 17th October. There will be a Prize for each key stage

Information



Admission to Reception in September 2026

Children born between 1 September 2021 and 31 August 2022 will be due to start in Reception in September 2026. The application period will be open on 1 September 2025 and the closing date is 15 January 2026.

Apply on line at:

<https://www.eadmissions.org.uk/>

More information visit:

<https://www.bexley.gov.uk/services/schools-and-education/primary-schools/starting-primary-school>

Do you have any old scooters at home in good working condition, that your children have grown

What Parents & Educators Need to Know about YOUTH VIOLENCE

Youth violence affects one in four children in the UK, but it doesn't have to. When parents, carers, and educators understand the risks, they're better placed to support young people. The right support, mentoring, therapy, and guidance can help young people affected by violence to feel safe, manage conflict, and make positive choices.

UNDERSTANDING YOUTH VIOLENCE

WHY DO YOUNG PEOPLE COMMIT SERIOUS VIOLENCE?

A recent study surveyed over 10,000 young people affected by violence, finding that serious violence is often linked to mental health issues, such as depression, anxiety, and self-harm. The most common of the factors are: low self-esteem, mental health issues, and a lack of support. This is why it's important to have a good relationship with your child and to be open to their needs to manage their emotions.

WHY ARE SIGNS A YOUNG PERSON IS AT RISK?

Children and young people often express that supporting a young person with mental health issues, who is at risk of serious violence, is a complex task. Signs of risk include: aggression, going missing, or substance use. They may also show signs of self-harm. These behaviours can indicate a young person is at risk of serious violence.

ONLINE INFLUENCES

Social media plays a powerful role in normalising and glorifying violence. Platforms like TikTok and Instagram can expose young people to harmful content, which can lead to a young person's mental health issues. It's important to have a good relationship with your child and to be open to their needs to manage their emotions.

WHEN IS VIOLENCE MORE LIKELY TO HAPPEN?

For children and young people in England and Wales, the most common reasons for serious violence are: mental health issues, such as depression, anxiety, and self-harm. This is why it's important to have a good relationship with your child and to be open to their needs to manage their emotions.

WHY MIGHT A YOUNG PERSON CARRY A WEAPON?

Young people may carry weapons for a variety of reasons, such as peer pressure, to feel a sense of protection, or to feel a sense of power. It's important to have a good relationship with your child and to be open to their needs to manage their emotions.

WHERE IS VIOLENCE MORE LIKELY TO HAPPEN?

Violence is more likely to happen in places where there are large groups of young people, such as schools, public transport, and parks. It's important to have a good relationship with your child and to be open to their needs to manage their emotions.

Advice for Parents & Educators

TALKING TO CHILDREN ABOUT STAYING SAFE

Children are often not in the conversation about staying safe. It's important to have a good relationship with your child and to be open to their needs to manage their emotions.

HELP CHILDREN UNDERSTAND CONSEQUENCES

Young people may be encouraged by peers or influencers to carry a weapon. It's important to have a good relationship with your child and to be open to their needs to manage their emotions.

REPORT INFORMATION

If you think a young person is at risk of serious violence, it's important to report it to the police. It's important to have a good relationship with your child and to be open to their needs to manage their emotions.

Meet Our Expert

The B&B Centre Trust is a not-for-profit charity educating young people through community workshops, mentoring, and community resources. Visit bbskts.org.uk

Source: See full reference for all quote pages at <https://thethoughtfulcollege.com/guides/youth-violence>

Wake Up Wednesday

The National College

www.bexley.gov.uk www.thethoughtfulcollege.com wake-up.wednesday www.bexley.gov.uk

When dropping off and collecting your children to and from school, please can you be mindful of our neighbours. They have contacted the school and asked that you do not block their driveways and more importantly do not park them. Thank you in advance for your support.

Attached with this week's Newsletter in ParentMail is the Wake Up Wednesday guide on

If you would like to speak to a member of the school leadership We Dream Big