



# Newsletter

## Friday 7th November

### 2025



To Parents and Carers,

It's been an absolute **delight** to welcome all the children back to school this week after the half-term break! The energy and enthusiasm across the school have been wonderful, and it's clear the children are refreshed and ready for an exciting half term of learning.

### **Super Starts to New Topics**

We've made a truly **super start** to the week across all year groups, with lots of exciting introductory activities to kick off their new topics. I'm incredibly impressed with how well the children have settled back into their routines and embraced their new learning adventures:

- **Reception and Nursery** children have started exploring the wonders of space.
- **Year 1** got hands-on, exploring our **local area** by using tools like Google Maps.
- **Year 2** has introduced the fascinating world of **dinosaurs** and acted as junior palaeontologists.
- **Year 3** children got creative and practical by making their very own Roman shields.
- **Year 4** delved into the world of Mayans looking at Mayan Glyphs
- **Year 5** explored the ancient kingdom of Benin
- **Year 6** are continuing with their topic from last half 'Does the time fit the crime'

### **Communicating with Class Teachers**

We value open communication, but we must ensure the safety and smooth start of the school day for all pupils.

**Morning Contact:** Please remember that you cannot speak directly with your class teacher in the morning. Teachers must remain in the classrooms with the children during this time. If you have a quick message, please pass it to the Senior Leader on the school gate or the adults on the school doors.

**Home Time Discussions:** Teachers are available to talk to parents at hometime. However, they will need to dismiss the whole class safely first before having a conversation with you. This is a crucial safeguarding step to ensure all children get home safely.



**Raising a Concern:** If you have a concern or a more detailed matter you would like to raise, please message your class teacher via **ClassDojo** or send an email to the dedicated school address: [pelhamadmin@illuminateminds.org](mailto:pelhamadmin@illuminateminds.org). **Note on Email Response:** When emails are received from parents, they will be passed on to a member of the Senior Leadership Team who are Miss Took, Miss Robinson, Miss Cousins and Mrs Graham who will respond within **5 working days**.

### **Important Reminder: PE Kits**

A quick reminder that all children need to **bring their PE kits on their designated PE days**. Taking part in physical education is a vital part of the curriculum and helps maintain focus throughout the day. We kindly ask that you ensure your child has their full kit in school. If a child does forget their kit, we will offer them some school PE gear (available for each year group) so they can still participate fully in the lesson. **Please help us by ensuring your child is prepared each week.**



### **Key Dates for a Busy Half Term**

This is going to be a **busy half term**, so please keep a close eye on the school calendar and the dates below.

- 14th November - **Children in Need Day:** Children can **wear something yellow** with their school uniform to support this important charity.
- 17th November - **Individual School Photos**
- 20th and 21st November - **Reception Parent Phonics Workshops**
- 24th and 25th November - **Parent Consultations** book using ARBOR
- 28th November - INSET day

Thank you for your continued support. We look forward to a fantastic second half of the autumn term!

Kind Regards,

*Miss Took*

# Dates for your Diary



Monday 10th November 2025	Tuesday 11th November 2025	Wednesday 12th November 2025	Thursday 13th November 2025	Friday 14th November 2025
Anti-Bullying Week	Anti-Bullying Week Remembrance Day	Anti-Bullying Week	Anti-Bullying Week	Anti-Bullying Week Reception Tour 2pm  Children in Need wear yellow.

## Attendance % & Number of Children Lates

For W/E 07/11/25



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

Class	Attendance	Lates
Caterpillars	93.9%	4
Bumblebees	91.2%	2
Ladybirds	94.1%	1
Butterflies	87.0%	1
Dragonflies	90.0%	5
Kangaroos	96.7%	0
Koalas	94.0%	0
Penguins	92.6%	0
Polar Bears	93.0%	4
Flamingos	96.7%	4
Pelicans	95.8%	2
Giraffes	93.3%	1
Zebra	100%	1
Parakeets	94.2%	2
Starlings	92.5%	0

# Term Dates



## Illuminateminds Trust - Term Dates 2025/26

September 2025						
Wk	Mo	Tu	We	Th	Fr	Su
36	1	2	3	4	5	6
37	8	9	10	11	12	13
38	15	16	17	18	19	20
39	22	23	24	25	26	27
40	29	30				

October 2025						
Wk	Mo	Tu	We	Th	Fr	Su
40			1	2	3	4
41	6	7	8	9	10	11
42	13	14	15	16	17	18
43	20	21	22	23	24	25
44	27	28	29	30	31	

November 2025						
Wk	Mo	Tu	We	Th	Fr	Su
44						1
45	3	4	5	6	7	8
46	10	11	12	13	14	15
47	17	18	19	20	21	22
48	24	25	26	27	28	29

December 2025						
Wk	Mo	Tu	We	Th	Fr	Su
49	1	2	3	4	5	6
50	8	9	10	11	12	13
51	15	16	17	18	*19	20
52	22	23	24	25	26	27
1	29	30	31			

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

February 2026						
Wk	Mo	Tu	We	Th	Fr	Su
5						1
6	2	3	4	5	6	7
7	9	10	11	12	13	14
8	16	17	18	19	20	21
9	23	24	25	26	27	28

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

April 2026						
Wk	Mo	Tu	We	Th	Fr	Su
14			1	2	3	4
15	6	7	8	9	10	11
16	13	14	15	16	17	18
17	20	21	22	23	24	25
18	27	28	29	30		

May 2026						
Wk	Mo	Tu	We	Th	Fr	Su
18					1	2
19	4	5	6	7	8	9
20	11	12	13	14	15	16
21	18	19	20	21	22	23
22	25	26	27	28	29	30

June 2026						
Wk	Mo	Tu	We	Th	Fr	Su
23	1	2	3	4	5	6
24	8	9	10	11	12	13
25	15	16	17	18	19	20
26	22	23	24	25	26	27
27	29	30				

July 2026						
Wk	Mo	Tu	We	Th	Fr	Su
27			1	2	3	4
28	6	7	8	9	10	11
29	13	14	15	16	*17	18
30	20	21	22	23	24	25
31	27	28	29	30	31	

August 2026						
Wk	Mo	Tu	We	Th	Fr	Su
31						1
32	3	4	5	6	7	8
33	10	11	12	13	14	15
34	17	18	19	20	21	22
35	24	25	26	27	28	29
36	31					



INSET DAYS

HOLIDAYS

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

# Lunch Menu



## FRIDAY

## THURSDAY

## WEDNESDAY

## TUESDAY

## MONDAY

### WEEK ONE

- 3 Nov
- 24 Nov
- 15 Dec
- 19 Jan
- 9 Feb
- 9 March
- 30 March

### WEEK TWO

- 10 Nov
- 1 Dec
- 5 Jan
- 26 Jan
- 23 Feb
- 16 March

### WEEK THREE

- 17 Nov
- 8 Dec
- 12 Jan
- 2 Feb
- 2 March
- 23 March

Pork Sausages 1,6  
Vegetable Sausage VG  
Jackets with a Choice of Toppings 7,8,9

Chips,  
Sweetcorn, Baked Beans  
Cucumber Sticks

Oaty Cookie 1,15 VG  
Yoghurt 3,7  
Fruit Pots VG

Beef Bolognese Pasta Bake 1,7  
Loaded Bean Chili Wedges VG  
Jackets with a Choice of Toppings 7,8,9

Green Beans  
Grated Carrots

Parsnip Brownie 1 VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Roast Gammon & Gravy  
Broccoli Tot 1,7 V  
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes,  
Cabbage,  
Peas

Fruit Jelly VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Margherita Pizza 1,3,7 V  
Bean Biryani VG  
Jackets with a Choice of Toppings 7,8,9

Rainbow Pasta 1  
Seasonal Vegetables

Toffee Apple Pudding 1 VG & Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Chicken Pie 1  
Pesto & Pea Pasta 1,7 V  
Jackets with a Choice of Toppings 7,8,9

Crushed Potato  
Cauliflower,  
Carrots

Strawberry Mousse 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Salmon Bites 1,8  
Margherita Pizza 1,3,7 V  
Jackets with a Choice of Toppings 7,8,9

Chips,  
Peas,  
Coleslaw 9

Marble Cookie 1 VG  
Yoghurt 3,7  
Fruit Pots VG

Beef Stew & Dumpling 1  
Pesto Pasta Bake 1,7 V  
Jackets with a Choice of Toppings 7,8,9

Cauliflower,  
Green Beans

Apple & Cinnamon Pinwheel 1 VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Roast Chicken & Gravy  
Ratatouille Puff 1,3 VG  
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes  
Broccoli,  
Carrots

Crispy Cake 1,3,7,16  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Cheese & Broccoli Pasta Bake 1,7 V  
Buffalo Cauliflower Wings  
& Wedges VG  
Jackets with a Choice of Toppings 7,8,9

Seasonal Vegetables

Plum Pudding 1VG & Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Caribbean Brown Chicken  
Tomato Spaghetti 1 VG  
Jackets with a Choice of Toppings 7,8,9

Rice,  
Carrots,  
Peas

Chocolate Ice Cream 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Fish Fingers 1,8  
Cheese, Carrot & Tomato Swirl 1,7 V  
Jackets with a Choice of Toppings 7,8,9

Chips,  
Peas, Baked Beans,  
Grated Carrot

Caramel Flapjack 1,7,15 V  
Yoghurt 3,7,  
Fruit Pots VG

Beef Cottage Pie  
Herby Tomato Pasta 1 VG  
Jackets with a Choice of Toppings 7,8,9

Seasonal Vegetables

Beetroot Cake 1 VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Roast Pork & Gravy  
Vegan Sausage Roll 1 VG  
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes,  
Green Beans,  
Carrots

Fruit Jelly VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Chicken Noodles 1  
BBQ Vegetable Burrito 1 VG  
Jackets with a Choice of Toppings 7,8,9

Sweetcorn,  
Peppers

Chocolate Rice Pudding 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Macaroni Cheese 1,7 V  
Sweet Potato & Chick Pea Curry VG  
Jackets with a Choice of Toppings 7,8,9

Rice,  
Green Beans,  
Mixed Salad

Peach Crumble 1 VG & Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG



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

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.

**AVAILABLE DAILY**

## Head Lice Happens!

### How to Spot, Prevent & Treat Head Lice

#### HOW TO SPOT THEM:

- LOTS OF HEAD SCRATCHING – ESPECIALLY BEHIND EARS OR AT THE NAPE OF THE NECK.
- TINY WHITE OR YELLOW EGGS (NITS) STUCK TO THE HAIR CLOSE TO THE SCALP.
- SMALL GREY OR BROWN LICE THAT MOVE QUICKLY THROUGH THE HAIR.

#### HOW TO PREVENT THEM:

- CHECK YOUR CHILD'S HAIR REGULARLY, ESPECIALLY AFTER SLEEPOVERS OR PLAYDATES.
- TIE UP LONG HAIR AND ENCOURAGE CHILDREN NOT TO SHARE HATS, BRUSHES OR HAIR ACCESSORIES.
- BRUSH HAIR DAILY – IT CAN HELP SPOT LICE EARLY.

#### HOW TO TREAT THEM:

- USE A FINE-TOOTHED LICE COMB ON WET, CONDITIONED HAIR – COMB CAREFULLY FROM ROOTS TO ENDS.
- REPEAT EVERY 3–4 DAYS FOR TWO WEEKS TO CATCH NEWLY HATCHED LICE.
- YOU CAN ALSO USE A HEAD LICE TREATMENT FROM YOUR PHARMACY OR SUPERMARKET – FOLLOW THE INSTRUCTIONS CAREFULLY.
- WASH BEDDING, HATS AND HAIRBRUSHES IN HOT WATER.

#### REMEMBER:

HEAD LICE ARE COMMON AND NOTHING TO BE EMBARRASSED ABOUT!  
THE SOONER WE TREAT THEM, THE SOONER THEY'RE GONE.  
LET'S WORK TOGETHER TO KEEP OUR SCHOOL ITCH-FREE AND HAPPY!

# Information



# Crazy Hair Day

Friday 21st November



Bring a donation to support our Christmas fair

**Crazier the style the better!**

## Suggested donations:

- Boxes of chocolates
- Unwanted toys (new or in good condition)
- Unwanted gifts such as candles or gift toiletries

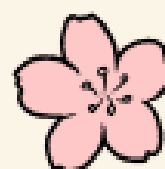
Bottles of soft or alcoholic drinks

Anything festive or suitable to help with the fair!



## Health and Wellbeing: Girls Event

Oxleas  
NHS



Oxleas is inviting girls aged 10-17 to help us design a listening event made by and for young girls

The aim of the workshop is to co-produce a pop-up event and space for girls, bespoke to meeting their needs and areas of interest, to listen and hear from them around issues affecting their health and wellbeing.

If you are interested in being involved, please can you either scan the QR code, or send us an email - [oxl-tr.cyp participation@nhs.net](mailto:oxl-tr.cyp participation@nhs.net)



# 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 out of? If so please consider donating them to the school. We would like to create a scooter track in our Reception to year 3 playground.

**10 Top Tips for Parents and Educators GUIDING YOUNG VOICES TO MAKE A DIFFERENCE**

Building respect for the lives of many young people. In the UK, one in five people aged 16 to 19 report being bullied. This can be long-lasting, affecting mental health, school attendance and self-esteem, and can impact long-term development in adult life. Adults play a key role in building young people's confidence to speak out, support one another, and stand up to unkind behaviour. This guide offers ways to help youngsters make a positive difference.

- 1 CELEBRATE DIFFERENCES**  
Young people often identify themselves by their interests and hobbies. Celebrate these interests and hobbies. Encourage them to share their interests with others. This helps them feel valued and supported.
- 2 MODEL RESPECT**  
Children learn from what they see. Model respectful language, active listening, and empathy. Encourage them to be kind to others and to stand up for those who are being treated unfairly.
- 3 SPOT THE SIGNS**  
Adults and older children should be able to recognise signs that someone is being bullied or is being unkind to others. Encourage them to speak up if they see someone being treated unfairly.
- 4 VALIDATE FEELINGS**  
When a child shares something that has happened to them, it's important to listen to what they have to say and validate their feelings. Let them know that their feelings are important and that you will support them.
- 5 TEACH ALLYSHIP**  
When children have stood up for others in the past, they are more likely to do so again. Encourage them to be allies to others who are being treated unfairly. Teach them that it's okay to speak up and to support others.
- 6 PROMOTE REPORTING**  
Encourage young people to speak up if they see someone being treated unfairly. Let them know that reporting is a brave thing to do and that they will be supported.
- 7 ENCOURAGE KINDNESS**  
Encourage young people to be kind to others. Encourage them to be respectful and to stand up for others who are being treated unfairly.
- 8 USE YOUR VOICE**  
Encourage young people to use their voice to speak up for others who are being treated unfairly. Let them know that their voice is important and that they will be supported.
- 9 BUILD COMMUNITY AND BELONGING**  
Children thrive when they feel supported, safe, and belong. Encourage them to be part of a community where everyone is valued and supported.
- 10 SUSTAIN THE CONVERSATION**  
Building awareness shouldn't be limited to one day a year. Encourage young people to continue to speak up and to support others who are being treated unfairly.

Meet Our Expert  
@wake\_up\_weds

Wake Up Wednesdays  
The National College

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 Wednesdays guide on "Conspiracy Theories"

If you would like to speak to a member of the school leadership team please email  
[pelhamadmin@illuminate minds.org](mailto:pelhamadmin@illuminate minds.org)

We Dream Big