



# Newsletter

## Friday 14th November

### 2025



To Parents and Carers,

It's been a busy week here at Pelham and we have been working hard to improve our playtimes even further. We have introduced some new equipment this week and the children have had lots of fun. We will continue to monitor this and increase our playtime offer.

On December the 5th we are hosting our Winter Fair after school. For this to be a successful event we rely on volunteers. Our PFSA is a brilliant team of parents and volunteers that put on these amazing events for our children and families however they are looking for more volunteers. If you are interested in volunteering your time to help at the Winter fair, whether it is coming to help set up or run a stall we would love to hear from you. Please contact me by email [pelhamadmin@illuminateminds.org](mailto:pelhamadmin@illuminateminds.org).

This year at the Winter Fair we would like to run a Raffle but at the moment we have no prizes. We are asking parents if they have any contacts through hobbies or work with companies that can donate prizes. For example a free session at Goals, or you may run football coaching and can offer a child a free session, or you work in a beauty salon and can offer a treatment, or a business that could offer a hamper or two, or you work in the travel industry and you can offer an experience. These are just a few examples. If you feel you or the company you work for can help, please get in contact with me on the above email address to discuss further.

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

A reminder that children need to bring a coat into school for breaktimes and lunch times. Now the weather is getting colder we are encouraging everyone to wear their coats.



## 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.

- 21st November Crazy hair day (Year 2 on 20th November)  
Please see poster below.
- **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
- 11th December is Christmas jumper day and Christmas Dinner 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 17th November 2025	Tuesday 18th November 2025	Wednesday 19th November 2025	Thursday 20th November 2025	Friday 21st November 2025
Road Safety Week	Road Safety Week	Road Safety Week	Road Safety Week	Road Safety Week
Individual and Sibling Photos	Dance Club KS2  Pokemon Club Y1&2	Reception Tour 10am  Pokemon Club Y3&4  Young Voices (invite only)	Reception Parents Phonics Workshop 3.00pm  Colouring Club KS1  Chess Club Y5&6  Dodgeball Y3&4	PSFA Crazy Hair Day!  Year 2 - Natural History Museum  Reception Parents Phonics Workshop 9.30am

## Attendance % & Number of Children Lates

For W/E 14/11/25



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	86.0%	4
Bumblebees	91.2%	3
Ladybirds	87.4%	3
Butterflies	70.9%	5
Dragonflies	88.5%	2
Kangaroos	93.0%	4
Koalas	95.2%	4
Penguins	95.3%	5
Polar Bears	89.6%	4
Flamingos	92.3%	5
Pelicans	92.3%	2
Giraffes	95.7%	11
Zebra	95.7%	5
Parakeets	87.1%	0
Starlings	92.5%	3

# 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	5
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	4
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					



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

INSET DAYS

HOLIDAYS

# Lunch Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b>	<p>Chicken Pie 1 Pesto &amp; Pea Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Crushed Potato Cauliflower, Carrots</p> <p>Strawberry Mousse 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Margherita Pizza 1,3,7 V Bean Biryani VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rainbow Pasta 1 Seasonal Vegetables</p> <p>Toffee Apple Pudding 1 VG &amp; Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Roast Gammon &amp; Gravy Broccoli Tot 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes, Cabbage, Peas</p> <p>Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Beef Bolognese Pasta Bake 1,7 Loaded Bean Chili Wedges VG Jackets with a Choice of Toppings 7,8,9</p> <p>Green Beans Grated Carrots</p> <p>Parsnip Brownie 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Pork Sausages 1,6 Vegetable Sausage VG Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Sweetcorn, Baked Beans Cucumber Sticks</p> <p>Oaty Cookie 1,15 VG Yoghurt 3,7 Fruit Pots VG</p>
<b>WEEK TWO</b>	<p>Caribbean Brown Chicken Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rice, Carrots, Peas</p> <p>Chocolate Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Cheese &amp; Broccoli Pasta Bake 1,7 V Buffalo Cauliflower Wings &amp; Wedges VG Jackets with a Choice of Toppings 7,8,9</p> <p>Seasonal Vegetables</p> <p>Plum Pudding 1VG &amp; Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Roast Chicken &amp; Gravy Ratatouille Purf 1,3 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes Broccoli, Carrots</p> <p>Crispy Cake 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Beef Stew &amp; Dumpling 1 Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Cauliflower, Green Beans</p> <p>Apple &amp; Cinnamon Pinwheel 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Salmon Bites 1,8 Margherita Pizza 1,3,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Peas, Coleslaw 9</p> <p>Marble Cookie 1 VG Yoghurt 3,7 Fruit Pots VG</p>
<b>WEEK THREE</b>	<p>Macaroni Cheese 1,7 V Sweet Potato &amp; Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rice, Green Beans, Mixed Salad</p> <p>Peach Crumble 1 VG &amp; Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Chicken Noodles 1 BBQ Vegetable Burrito 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Sweetcorn, Peppers</p> <p>Chocolate Rice Pudding 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Roast Pork &amp; Gravy Vegan Sausage Roll 1 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>Beef Cottage Pie Herby Tomato Pasta 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Seasonal Vegetables</p> <p>Beetroot Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Fish Fingers 1,8 Cheese, Carrot &amp; Tomato Swirl 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Peas, Baked Beans, Grated Carrot</p> <p>Caramel Flapjack 1,7,15 V Yoghurt 3,7, Fruit Pots VG</p>



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**

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## 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

## SCHOOL MENU

	MON	TUE	WED	THU	FRI
<b>BREAKFAST</b>	<p><u>Cereal</u></p> <p>Honey Loops chocolate Hoops Corn Flakes/Rice Krispies</p> <p>Toast/Waffles served with jam, honey or butter</p> <p>Brioche</p> <p><u>Choice of fruit</u></p> <p>Melon Banana Apples</p> <p>Flavoured Yoghurts</p>	<p><u>Cereal</u></p> <p>Honey Loops chocolate Hoops Corn Flakes/Rice Krispies</p> <p>Toast/Waffles served with jam, honey or butter</p> <p>Brioche</p> <p><u>Choice of fruit</u></p> <p>Bananas Satsumas Raisins</p> <p>Flavoured Yoghurts</p>	<p><u>Cereal</u></p> <p>Honey Loops chocolate Hoops Corn Flakes/Rice Krispies</p> <p>Toast/Waffles served with jam, honey or butter</p> <p>Brioche</p> <p><u>Choice of fruit</u></p> <p>Melon Banana Apples</p> <p>Flavoured Yoghurts</p>	<p><u>Cereal</u></p> <p>Honey Loops chocolate Hoops Corn Flakes/Rice Krispies</p> <p>Toast/Waffles served with jam, honey or butter</p> <p>Brioche</p> <p><u>Choice of fruit</u></p> <p>Bananas Satsumas Raisins</p> <p>Flavoured Yoghurts</p>	<p><u>Cereal</u></p> <p>Honey Loops chocolate Hoops Corn Flakes/Rice Krispies</p> <p>Toast/Waffles served with jam, honey or butter</p> <p>Brioche</p> <p><u>Choice of fruit</u></p> <p>Melon Banana Apples</p> <p>Flavoured Yoghurts</p>



# Information



## SCHOOL MENU



### Extended day 3:15 - 6:00 pm session

	MON	TUE	WED	THU	FRI
<b>Short session</b> 3:15-4:30 Snack	Crackers with jam /cheese or Toast with butter jam or honey.				
<b>WEEK 1</b> 17 Nov 1 Dec 15 Dec	Cheese/Ham Pitta Cucumber/Carrot sticks	Pasta Cucumber sticks & Tomatoes	Beans or spaghetti Hoops on Toast Cucumber/Pepper Sticks	Pizza Carrot sticks & Sweetcorn	Sausage or Cheese & Onion Rolls Peas or Carrot sticks
<b>WEEK 2</b> 24 Nov 8 Dec	Cheese/Ham wraps Cucumber/Carrot sticks	Noodles Cucumber sticks & Tomato	Ham/Cheese or Beans Toastie Cucumber/Pepper Sticks	Pizza Carrot sticks & peas	Sausage/Cheese & Onion Rolls Sweetcorn & Carrot sticks
<b>DESSERT</b>	Choice of Fruit or Flavoured yoghurt or Fairy Cake	Choice of Fruit or Flavoured yoghurt or Fairy Cake	Choice of Fruit or Flavoured yoghurt or Fairy Cake	Choice of Fruit or Flavoured yoghurt or Fairy Cake	Choice of Fruit or Flavoured yoghurt or Fairy Cake

**Dinner will be served between 4.30-4.45**



# 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.

**What Parents & Educators Need to Know about AI-GENERATED VIDEOS**

AI-generated videos are increasingly difficult to spot and easy to share. From false news clips to deepfake videos, children and young people face new risks every day online. These videos can mislead, harm people, spread false narratives or even generate harmful content from scratch. Understanding these dangers is crucial for schools and families who want to protect children in a fast-evolving digital world.

**WHAT ARE THE RISKS?**

- DEEPPAKE ABUSE CONTENT**  
Deepfake, artificial intelligence is now being deployed to create adult content (pornography). These synthetic images and videos are a blend of digital images, often generated by manipulating real children's photos, including their faces and voices. This technology can be used to create deepfake videos, including sexual abuse or harassment. This is known as the 'hair of the dog' effect, where a small amount of real footage is used to generate a video that appears to be real.
- BLURRED REALITY**  
Regular exposure to false content can blur a child's ability to distinguish between what is real and what is not. This can lead to confusion, mistrust, and a loss of confidence in what they see and hear. It can also encourage victims from coming forward or reporting it.
- USED FOR BULLYING**  
Deepfake technology is already being used to create false evidence of children's actions. These videos can be used to spread rumors, harass, or even blackmail. Children who are bullied are more likely to be affected by these videos. AI-generated bullying adds a new layer of threat, making it easier to create and spread.
- EMOTIONAL MANIPULATION**  
AI-generated videos can be used to create false evidence of children's actions, including sexual abuse or harassment. This can lead to emotional manipulation, false claims of abuse, and even blackmail. Children who are bullied are more likely to be affected by these videos. AI-generated bullying adds a new layer of threat, making it easier to create and spread.
- DISINFORMATION**  
AI-generated videos can be used to create false evidence of children's actions, including sexual abuse or harassment. This can lead to emotional manipulation, false claims of abuse, and even blackmail. Children who are bullied are more likely to be affected by these videos. AI-generated bullying adds a new layer of threat, making it easier to create and spread.
- IMPERSONATION AND SCAMS**  
With just a few photos or video clips, AI tools can create convincing impersonations of people. This can be used to create false evidence of children's actions, including sexual abuse or harassment. This can lead to emotional manipulation, false claims of abuse, and even blackmail. Children who are bullied are more likely to be affected by these videos. AI-generated bullying adds a new layer of threat, making it easier to create and spread.

**Advice for Parents & Educators**

**TEACH HOW IT WORKS**  
Explain to children that videos can be faked – and show them how. Encouraging kids to take screenshots of text or generated clips helps to build awareness. Discuss how text, voice and even movements can be copied for reuse, highlighting the importance of not sharing content in response to suspicious digital content.

**TALK ABOUT TRUST**  
Everyone keeps lines of communication open. If a child sees something suspicious or unbelievable, they should feel safe discussing it without judgement. Create an environment where they know they will not get in trouble for asking questions. This also helps you flag in advance if the content has been shared. Look it up and read it to be sure.

**ENCOURAGE CRITICAL QUESTIONS**  
Help children question what they watch. Who made this? Why was it made? Is it trying to persuade me? These habits encourage digital thinking, especially when videos seem too good to be true. Encourage kids to ask if they are being misled or influenced in real life, even if it looks convincing at first, and that the initial approach should always be one of suspicion.

**STRENGTHEN PRIVACY SETTINGS**  
Helping children set their video privacy settings or personal videos on public platforms. As tools often scrape content from social media to create deepfakes, the privacy settings to limit who can see their content and turn off facial recognition where possible. Fewer public images means fewer opportunities for misuse.

Meet Our Expert  
Dr Sarah O'Connell is an education and digital education consultant with over a decade of experience in education. As Director of Digital Learning, she has worked with schools and colleges across the National College, her specialisms in digital safety, PEVET, and pastoral care.

Wake Up Wednesday  
The National College  
@wake\_up\_weds | www.thenationalcollege | @wake.up.wednesday | @wake.up.weds

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@illuminateminds.org](mailto:pelhamadmin@illuminateminds.org)