



Newsletter
Friday 21st November
2025



To Parents and Carers,

It was lovely to see so many parents in school this week attending our phonic workshops. There are more dates coming up so please look out for the messages. Thank you to everyone who took part in 'Crazy Hair' Day today. The children looked great and there were so many creative styles, well done everyone and thank you for your donations to the Winter Fair.

As you know we are hosting our Winter Fair on 5th December at 3.30pm, Thank you to those who have volunteered your help, we really do appreciate it. If you would like to help please contact us by email pelhamadmin@illuminateminds.org.

Don't forget we still need prizes for our raffle. A really big thank you to parents who have donated. We have been given a golf lesson, beauty treatment in a local salon and tickets to Enchanted Woods. If you think you are able to help and donate to our raffle please send donations into the school office or via email address above. There is no prize too big or small, We have lots of parents that work for larger companies who may be able to 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.

⚠ Important Reminder: Coats

Now the weather is getting colder we are encouraging everyone to wear their coats outside, please ensure children have coats in school.



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.

- 24th and 25th November - **Parent Consultations** book using ARBOR
- 28th November - INSET day - School closed for children
- 2nd December - Year 5 Trip to the Horniman Museum
- 5th December - **PSFA Festive Fair**, Flu Vaccinations (second session) & Individual Photos (for those who were absent)
- 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 24th November 2025 | Tuesday 25th November 2025 | Wednesday 26th November 2025 | Thursday 27th November 2025 | Friday 28th November 2025 |
|---|--|--|--|---|
| Bikeability Parent Consultations | Bikeability Parent Consultations Dance Club KS2 Cancelled Pokemon Club Y1&2 Cancelled | Bikeability Pokemon Club Y3&4 Young Voices (invite only) | Bikeability Colouring Club KS1 Chess Club Y5&6 Dodgeball Y3&4 | Inset Day School Closed for Children |

Attendance % & Number of Children Lates

For W/E 21/11/25



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 | 90.0% | 6 |
| Bumblebees | 73.5% | 1 |
| Ladybirds | 77.9% | 3 |
| Butterflies | 87.7% | 6 |
| Dragonflies | 91.5% | 9 |
| Kangaroos | 96.0% | 5 |
| Koalas | 96.1% | 7 |
| Penguins | 95.0% | 6 |
| Polar Bears | 96.0% | 6 |
| Flamingos | 91.3% | 9 |
| Pelicans | 94.0% | 4 |
| Giraffes | 99.3% | 13 |
| Zebra | 98.3% | 4 |
| Parakeets | 92.5% | 4 |
| Starlings | 94.8% | 5 |

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 | 48 | 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 | 49 | 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 | 50 | 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 | | | 36 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |



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

INSET DAYS

HOLIDAYS

Lunch Menu



NOVEMBER TO
MARCH 2026

NOURISH
OROW WITH US

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|--|---|---|--|--|
| WEEK ONE | 3 Nov Chicken Pie 1 Pesto & Pea Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9 | Margherita Pizza 1,3,7 V Bean Biryani VG Jackets with a Choice of Toppings 7,8,9 | Roast Gammon & Gravy Broccoli Tot 1,7 V Jackets with a Choice of Toppings 7,8,9 | Beef Bolognese Pasta Bake 1,7 Loaded Bean Chilli Wedges VG Jackets with a Choice of Toppings 7,8,9 | Pork Sausages 1,6 Vegetable Sausage VG Jackets with a Choice of Toppings 7,8,9 |
| | 24 Nov Crushed Potato Cauliflower, Carrots | Rainbow Pasta 1 Seasonal Vegetables | Rustic Roast Potatoes, Cabbage, Peas | Green Beans Grated Carrots | Chips, Sweetcorn, Baked Beans Cucumber Sticks |
| | 9 Feb Strawberry Mousse 7 Mr Nourish Biscuit 1 VG Fruit Pots VG | Toffee Apple Pudding 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG | Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG | Parsnip Brownie 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG | Oaty Cookie 1,15 VG Yoghurt 3,7 Fruit Pots VG |
| WEEK TWO | 10 Nov 1 Dec 5 Jan 26 Jan 23 Feb 16 March | Cheese & Broccoli Pasta Bake 1,7 V Buffalo Cauliflower Wings & Wedges VG Jackets with a Choice of Toppings 7,8,9 | Roast Chicken & Gravy Ratatouille Puff 1,3 VG Jackets with a Choice of Toppings 7,8,9 | Beef Stew & Dumpling 1 Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9 | Salmon Bites 1,8 Margherita Pizza 1,3,7 V Jackets with a Choice of Toppings 7,8,9 |
| | Rice, Carrots, Peas | Seasonal Vegetables | Rustic Roast Potatoes Broccoli, Carrots | Cauliflower, Green Beans | Chips, Peas, Coleslaw 9 |
| | Chocolate Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG | Plum Pudding 1VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG | Crispy Cake 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG | Apple & Cinnamon Pinwheel 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG | Marble Cookie 1 VG Yoghurt 3,7 Fruit Pots VG |
| WEEK THREE | 17 Nov 8 Dec 12 Jan 2 Feb 2 March 23 March | Macaroni Cheese 1,7 V Sweet Potato & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9 | Chicken Noodles 1 BBQ Vegetable Burrito 1 VG Jackets with a Choice of Toppings 7,8,9 | Beef Cottage Pie Herby Tomato Pasta 1 VG Jackets with a Choice of Toppings 7,8,9 | Fish Fingers 1,8 Cheese, Carrot & Tomato Swirl 1,7 V Jackets with a Choice of Toppings 7,8,9 |
| | Rice, Green Beans, Mixed Salad | Sweetcorn, Peppers | Rustic Roast Potatoes, Green Beans, Carrots | Seasonal Vegetables | Chips, Peas, Baked Beans, Grated Carrot |
| | Peach Crumble 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG | Chocolate Rice Pudding 7 Mr Nourish Biscuit 1 VG Fruit Pots VG | Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG | Beetroot Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG | Caramel Flapjack 1,7,15 V Yoghurt 3,7, Fruit Pots VG |



WE ♥ VEGGIES

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



SCHOOL MENU

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



Information



SCHOOL MENU



Extended day 3:15 - 6:00 pm session

| | MON | TUE | WED | THU | FRI |
|--|---|---|---|---|---|
| Short session 3:15-4:30 Snack | Crackers with jam /cheese or Toast with butter jam or honey. | | | | |
| WEEK 1 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 |
| WEEK 2 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 |
| DESSERT | 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



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 TRACKING DEVICES

Bluetooth tracking devices like Apple's AirTag and Samsung's SmartTag have exploded in popularity, with millions sold each year. These small tools help people locate their lost items, but their discreet design has also made them attractive for more sinister purposes. From stalking to bullying, tracking devices present unique risks that trusted adults need to understand and address.

WHAT ARE THE RISKS?

- STALKING AND HARASSMENT**
Because of their tiny size and concealable appearance, tracking devices can easily be hidden in bags or vehicles. They allow users to monitor individuals without their knowledge, with a special risk of monitoring bullying. In the UK, use of tracking devices is illegal in the context of stalking and domestic violence, with a 21 percent increase between 2018 and 2021.
- INVASION OF PRIVACY**
These devices are designed to share location data with the user or other people's phones, which can unintentionally broadcast someone's movements without their consent. This makes them vulnerable to being monitored by strangers around nearby.
- DIFFICULT TO DETECT**
Many tracking devices are designed to be discreet, but that also means they're easy to hide. Without proactive checking or the right tech to detect them, children and young people might not realize they're being tracked.
- FALSE ACCUSATIONS**
Because tracking devices are often used to monitor location, they could be misused to track someone's movements without their consent. Someone could, for example, plant a tracker on another person's belongings to falsely claim them to their own.

Advice for Parents & Educators

- WATCH FOR WARNING SIGNS**
If a child's phone seems to know their location - whether in person or behind a screen - it could be worth checking for tracking devices. Some, like AirTags, will eventually make a noise if separated from their owner. Listen out for anything unusual.
- USE DETECTION APPS**
Apple devices running iOS 14.5 or later will notify users of unknown AirTags nearby. Android users can install Apple's "Trackers Detected" or the third-party app "AirGuard" to scan for tracking devices from various manufacturers.
- HAVE THE CONVERSATION**
Talk to your child about what tracking devices are, what signs to look out for, and how they might be misused. Emphasize the legal consequences of using them to track, harass, or monitor someone.
- CHECK LIKELY HIDING SPOTS**
Common places where trackers may be placed include jacket straps, bag seams, pockets, or under desk mats. If you find one, take a photo of the serial number before disposing of it - this could help police trace the account it's linked to.

Meet Our Expert
Alan Martin is a renowned technology journalist with bylines in Wired, TechCrunch, The Guardian, The Evening Standard, The Telegraph, and The New York Times. He specializes in consumer tech, online safety, and emerging risks in the digital landscape.

Wake Up Wednesday
The National College

Wake Up Wednesdays
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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.11.2022

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

We Dream Big