



Newsletter

Friday 6th February 2026



To Parents and Carers,

It has been a busy week this week with Year 3 visiting Tump 53, Reception going to the postal museum, Year 5 going to London Zoo and Starlings class going to Charlton House. It is such a good opportunity for children to learn outside the classroom, so thank you to all our parent helpers that supported this week.

Next week is a busy week. We have Children's Mental Health Week 2026 taking place. This year's theme is **belonging**. Throughout the week there will be,

- A whole school assembly on belonging
- Time for children to take part in mindfulness activities
- Time for children to learn different breathing techniques
- Music on during lunch times
- Exercise classes during lunch for children who want to take part
- Art activities for children at lunchtimes for those that want to take part.
- Yoga sessions for the children at lunch times for those that want to take part

Parents do not need to sign children up for these; they will happen over lunch times and as part of the school day.

We also have school discos on 11th February, please see the poster below. Tonight is the last night you can sign up for Disco's There will be no cash entrance on the door, only children who have booked will be able to come. Family fun sessions in EYFS will be on Tuesday 10th February. Learning showcases for all children in years 1-6 will be on Friday 13th February at 2.15-3.00pm.

I hope you all have a lovely weekend. We look forward to seeing you all next week.

Kind Regards,

Miss Took

Term Dates



Monday 9th February 2026	Tuesday 10th February 2026	Wednesday 11th February 2026	Thursday 12th February 2026	Friday 13th February 2026
	Year 4 Trip to The British Museum Safer Internet Day Reception Family Fun Day 9.30 - 11.20am Nursery Family Fun Day 9.30 - 11.2am and 1.30 - 3.15pm for PM children only	School Admission Tour at 10am - All Year Groups PSFA Disco https://www.pta-events.co.uk/pelhampsfa/index.cfm		Learning Showcase Years 1-6 at 2.15pm Last Day of Term - School Finishes Normal Time.

Attendance % & Number of Children Lates

For W/E 06/02/2026



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	97.3%	2
Bumblebees	87.8%	1
Ladybirds	97.9%	2
Butterflies	94.5%	1
Dragonflies	88.1%	3
Kangaroos	94.7%	0
Koalas	94.3%	2
Penguins	95.2%	1
Polar Bears	91.2%	3
Flamingos	88.6%	4
Pelicans	95.5%	2
Giraffes	94.3%	2
Zebras	98.6%	3
Parakeets	95.4%	0
Starlings	97.3%	2

Term Dates



Illuminateminds Trust - Term Dates 2025/26

September 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
36	1	2	3	4	5	6	7
37	8	9	10	11	12	13	14
38	15	16	17	18	19	20	21
39	22	23	24	25	26	27	28
40	29	30					

October 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
40			1	2	3	4	5
41	6	7	8	9	10	11	12
42	13	14	15	16	17	18	19
43	20	21	22	23	24	25	26
44	27	28	29	30	31		

November 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
44						1	2
45	3	4	5	6	7	8	9
46	10	11	12	13	14	15	16
47	17	18	19	20	21	22	23
48	24	25	26	27	28	29	30

December 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
48	1	2	3	4	5	6	7
50	8	9	10	11	12	13	14
51	15	16	17	18	*19	20	21
52	22	23	24	25	26	27	28
1	29	30	31				

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

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

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

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

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

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

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

August 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
31						1	2
32	3	4	5	6	7	8	9
33	10	11	12	13	14	15	16
34	17	18	19	20	21	22	23
35	24	25	26	27	28	29	30
36	31						

INSET DAYS

HOLIDAYS

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



Lunch Menu



NOVEMBER TO MARCH 2026

NOURISH

WEEK ONE

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

MONDAY
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

TUESDAY
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

WEDNESDAY
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

THURSDAY
Beef Bolognese Pasta Bake 1,7 Loaded Bean Chilli 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

FRIDAY
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

WEEK TWO

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

MONDAY
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

TUESDAY
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

WEDNESDAY
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

THURSDAY
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

FRIDAY
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

WEEK THREE

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

MONDAY
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

TUESDAY
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

WEDNESDAY
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

THURSDAY
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

FRIDAY
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

1 Whear 2 Gluten 3 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 16 Barley 17 Gluten VG 18 Vegan V Vegetarian

AVAILABLE DAILY

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.



Information



Admission to Nursery in September 2026

Children born between 1 September 2022 and 31 August 2023 will be due to start Nursery in September 2026. The application period is now open and closes on 6th April 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>

10 Top Tips for Parents and Educators SUPPORTING SAFE USE OF AI

Artificial intelligence (AI) is increasingly woven into young people's digital lives. It can offer some educational benefits and day-to-day resources. However, it also raises concerns about misinformation, privacy, fairness, and safety. This guide provides parents and educators with practical strategies to support young people to navigate AI tools responsibly, and to use them safely and with enjoyment.

- 1. DEMYSTIFY WHAT AI REALLY IS**
Children's perceptions of AI change over time. Encourage them to explore AI through practical, hands-on activities. Explain that AI is a tool that can help with tasks, but it doesn't think for itself. It's a program that has been trained on a lot of data and can learn from that data to perform tasks that are similar to what it has seen before.
- 2. TALK ABOUT RISKS OF MISINFORMATION**
AI can generate convincing text, images, and audio. Discuss the risks of misinformation and how AI can be used to spread false information. Encourage children to think critically about the information they see online.
- 3. DISCUSS DATA AND PRIVACY**
AI systems need data to learn and improve. Discuss the importance of data privacy and how AI can collect and use personal information. Encourage children to be aware of what they share online and why.
- 4. ENCOURAGE CREATIVE USE OF AI**
Support children's creative use of AI tools. Encourage them to use AI to generate ideas, create art, and explore new possibilities. Encourage them to think about how they can use AI to solve problems and create something new.
- 5. USE AGE-APPROPRIATE AI TOOLS**
Not all AI tools are suitable for children. Choose tools designed for children and that have safety features. Encourage children to use AI tools that are appropriate for their age and interests.
- 6. USE AI TOGETHER**
Encourage children to use AI tools together. This can help them learn from each other and explore the possibilities of AI. Encourage them to share their work and ideas.
- 7. SET BOUNDARIES FOR AI USE**
Establish clear boundaries for AI use. Discuss the importance of taking breaks and not spending too much time on AI. Encourage children to use AI tools in a balanced way.
- 8. WATCH FOR OVERRELIANCE**
Encourage children to use AI tools as a supplement to their learning, not a replacement. Encourage them to think critically about the information they see and to use their own judgment.
- 9. TEACH DIGITAL ETHICS AND LITERACY**
Teach children about digital ethics and literacy. Discuss the importance of being respectful and honest online. Encourage them to think about the impact of their actions and to use AI tools responsibly.
- 10. STAY CURIOUS AND INVOLVED**
Stay curious and involved in your child's AI use. Encourage them to share their work and ideas with you. Encourage them to explore new AI tools and technologies.

Meet Our Expert
Helen is the award-winning CIO (Chief Information Officer) at The National College. She has over 20 years of experience in the education sector, leading digital transformation and ensuring that schools and colleges are using technology effectively. Her team has developed a range of digital literacy and digital safety resources for schools, colleges, and universities across the country.

Wake Up Wednesdays
The National College

www.wakeupweds.com
@wakeup_weds

Attached with this week's Newsletter in ParentMail is the Wake Up Wednesdays guide on "Conspiracy Theories"

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 on them. Thank you in advance for your support.

Information



SCHOOL DISCO NIGHT!

Wednesday 11th February

Get ready to dance, laugh & have FUN!

TIMES:

KS1: 3:20 – 4:10 pm

KS2: 4:20 – 5:10 pm

COST: £4.50 per child

(Includes drink & snacks)

BOOKING DEADLINE:

Friday 6th February

WHAT TO BRING:



Change of clothes
in a named bag



Extra money
for PPA stalls



Hotdog: £1

LET'S PARTY!

Music, Dancing & Big Smiles!

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

pelhamadmin@illuminate minds.org

We Dream Big