



Newsletter

Friday 30th January

2026



To Parents and Carers,

We've had another excellent week here at Pelham with a large number of children going on school trips. We've had Reception Ladybirds visit the Postal Museum. Year 1 went into London as part of their London Landmarks topic, they even got to ride the London Eye. Year 2 visited Spitalfields Farm as part of their Science unit of work. In addition a group of year 5 and 6 children went to the local church and played board games with the elderly in our community.

Last week we had a team of visitors that came to Pelham Primary School to review the work we do here. During this process they visited classrooms, spoke to children, looked at the children's books and met with teams of staff. It was an extremely positive experience full of positive feedback. They were truly taken aback by what they saw. Here are some highlights from their report.

"The school has an ambitious curriculum with a clear expectation that it is designed for all pupils. This ensures that pupils access high-quality learning opportunities."

"The quality of work in books is of a high standard, and pupils take pride in their work."

"From Nursery, clear expectations for behaviour in lessons are established. Children learn routines quickly and develop positive learning behaviours. As a result, pupils behave consistently well across all key stages, with learning proceeding without disruption"

"Positive relationships are a priority across the school. Time is dedicated to ensuring staff know pupils well, which supports pupils to feel confident"

The visit was a huge success, so a really big thank you to all the staff and children here for being so wonderful.

Next week we have SEN surgeries on Thursday 5th February and Friday 6th February. If you would like to book a 15 minute slot with our SENDCo Mr Davies to discuss any queries or concerns you may have, or to have an update on how your children are doing if they are a SEN learner, appointments will be bookable via ARBOR on Monday evening.

We also have school discos on 11th February, please see the poster below. 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 2nd February 2026	Tuesday 3rd February 2026	Wednesday 4th February 2026	Thursday 5th February 2026	Friday 6th February 2026
	Pokemon Club Year 1&2	Year 5 Trip to London Zoo Pokemon Club Year 3&4 Movie Club Year R, 1&2	YR Bumblebees Trip to The Postal Museum Board Games Year 5&6 SEN Surgeries	Football Team Training SEN Surgeries

Attendance % & Number of Children Lates

For W/E 30/01/2026



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	94.2%	2
Bumblebees	90.4%	3
Ladybirds	87.4%	3
Butterflies	96.4%	3
Dragonflies	91.0%	3
Kangaroos	96.0%	2
Koalas	90.4%	0
Penguins	95.4%	4
Polar Bears	91.2%	6
Flamingos	84.1%	6
Pelicans	90.7%	2
Giraffes	91.8%	4
Zebra	96.2%	4
Parakeets	95.7%	1
Starlings	92.7%	6

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 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

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 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 Lupines 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



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>

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

A research study by Ofcom revealed that children aged 9-16 increasingly use online platforms like YouTube for mental health advice, with 20% relying on social media for information. More than 10% of young people are in contact with the platform to raise awareness, anxiety, or increased self-diagnosis. This guide provides expert strategies to help parents and educators tackle misinformation effectively and create safer digital experiences for young people.

POPULAR ONLINE SOURCES
The most common sources of mental health information for young people are YouTube, Instagram, and TikTok. These platforms are often used to watch videos, listen to podcasts, or read articles. However, the lack of editorial oversight and the presence of influencers can lead to misleading or harmful content.

RISK OF SELF-DIAGNOSIS
The high volume of mental health content online can lead to self-diagnosis. Young people may identify themselves with a condition based on a few symptoms or a single video, without a proper clinical assessment. This can lead to unnecessary worry and a lack of professional support.

IMPACTFUL PAST TRENDS
Mental health issues have become a prominent topic in popular culture, with celebrities and influencers often sharing their struggles. While this can help reduce stigma, it can also lead to oversimplification of complex conditions and the spread of misinformation.

MISLEADING CLINICAL TERMS
Misleading clinical terms are often used to attract attention or sell products. Terms like 'mental health warrior' or 'mental health survivor' can be used to promote a specific brand or product, rather than providing accurate information.

REPLACING PROFESSIONAL HELP
Some young people may use online resources as a substitute for professional help. This can be dangerous as online resources cannot provide a full range of support, including therapy, medication, and crisis support.

LACK OF FILTERS
The lack of filters on social media platforms means that harmful content is easily accessible to young people. This can include hate speech, bullying, and misinformation.

MONITOR ONLINE ENGAGEMENT
Parents and educators should monitor online engagement with mental health content. This can help identify potential risks and provide support to young people who are struggling.

SCHOOL-HOME COLLABORATION
Schools and homes should work together to address mental health misinformation. This can involve sharing information, providing support, and creating a safe environment for young people to discuss their concerns.

IDENTIFY RELIABLE SOURCES
Parents and educators should help young people identify reliable sources of mental health information. This can include government websites, professional organizations, and reputable news outlets.

ENCOURAGE OPEN DIALOGUE
Encourage open dialogue about mental health. This can help young people feel supported and understood, and can also help to reduce stigma.

Meet Our Expert
Dr. Sarah Johnson, a leading expert in mental health for young people, provides expert advice on this infographic.

Wake Up Wednesday
The National College

Follow us on social media: @wake_up_weeks, @theadmissionsexperts, @wake_up_wednesday, @theadmissionsexperts

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