

Pelham Primary School Newsletter



DATES COMING UP :

- 22nd May Learning Showcases - 2.15pm
- 5th June Colour Day
- 8th June at 10am Nursery & Reception Sports Day
- 8th June at 2pm Year 1 & 2 Sports Day
- 9th June at 10am Year 3 & 4 Sports Day
- 9th June at 2 pm Year 5 & 6 Sports Day
- 12th June Family colour run (look out for more details coming soon)
- 18th June Fathers day sale
- 22nd June INSET day
- 3rd July INSET day
- 9th July Year 6 Performance 5pm
- 10th July Summer fair
- 14th July Year 6 leavers disco 4.30-6.30pm
- 16th July Year 6 leavers assembly 2pm
- 17th July Last day of term, 1.30pm finish.



To Parents and Carers,

It has been a short week this week following the bank holiday but we still managed to fit so much in. Reception and Year 1 took part in a animal workshop. Children were very brave as they met spiders, snakes and reptiles, not to mention some more softer friends like rabbits. Year 5 Zebras visited Eltham Palace where we received some fantastic feedback telling us how wonderful year 5 had been and how well they represented out school.

Next week our year 6 children will be sitting their SATs, a letter has been sent to all year 6 parents/carers providing further details. Please ensure all children arrive to school on time next week. Please ensure your children have a restful weekend, they are more than ready for next week and we know they will all try their best.

EXCITING NEWS...

We are pleased to share that Pelham Primary School will be opening a brand new 2-year-old Nursery in September 2026. This will be in a brand new purposeful built Nursery, see design below. Therefore, over the summer term there will be building work taking place. Please don't worry children will not be affected by this. If you would like to find out more about our new nursery or reserve a place for your 2-year-old, please do contact the school via email pelhamadmin@illuminateminds.org .

Have a good weekend all
Kind Regards
Miss Took
Head of School





Reminders:

- As the weather is now getting warmer, please can you ensure you put sun cream on your children before coming to school and ensure they have their water bottles.
- Please ensure that children are only using Pelham rucksacks or book bags in school. PE kit should be in their PE bags. You can find pictures of these below and a link to our supplier.
- Please ensure all children have PE kits in school, bringing on a Monday and taking home on Friday.
- If you have more than one library book at home please return to school, our library is low on books.

“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.” –

Dr. Seuss

Weekly Calendar

Monday 11 th May 2026	Tuesday 12 th May 2026	Wednesday 13 th May 2026	Thursday 14 th May 2026	Friday 15 th May 2026
Year 6 SATS	Year 6 SATS Pokemon Club Y1 & 2 Arts & Crafts Y4 & 5	Year 6 SATS Pokemon Club Y3 & 4	Year 6 SATS ASM Football Training Y1-6 Centre Stage – Performing Arts Y1-6. Reception - Butterfly garden hall place	Y6 - Cinema Trip



Attendance and Number of Children Lates

For W/E 08/05/2026



Class	Attendance	Lates
Caterpillars	97.8%	3
Bumblebees	94.4%	2
Ladybirds	97.4%	2
Butterflies	97.2%	2
Dragonflies	97.6%	4
Kangaroos	94.6%	2
Koalas	91.0%	2
Penguins	92.9%	2
Polar Bears	95.0%	1
Flamingos	91.3%	1
Pelicans	98.3%	1
Giraffes	95.7%	3
Zebras	98.3%	2
Parakeets	96.6%	1
Starlings	94.2%	3



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





Term Dates / Lunch Menu



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
49	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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	<p>Beef Bolognese Pasta 1 Cheese & Pesto Swirl 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Baked Wedges Seasonal Vegetables</p> <p>Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Macaroni Cheese 1,7 V Chick Pea & Spinach Biryani VG Jackets with a Choice of Toppings 7,8,9</p> <p>Carrots Mixed Peppers</p> <p>Toffee Tart 1,7 & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Roast Gammon & Gravy Meatfree Meatballs & Gravy 6 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes Cabbage Swede</p> <p>Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Chicken Korma Herby Tomato Pasta 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rice Green Beans Carrots</p> <p>Chocolate Orange Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Fish Fingers 1,8 Wrap Stack 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Chips Sweetcorn & Peas Coleslaw 9</p> <p>Lemon Drizzle Biscuit 1,6 VG Yoghurt 3,7 Fruit Pots VG</p>
WEEK TWO	<p>Cheesy Cauliflower Pasta 1,7 V Vegetable Burger in a Bun 1,5,6 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Baked Wedges, Carrots, Peas</p> <p>Honey Cake 1 & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Minced Beef Curry Pesto & Pea Pasta 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rice Seasonal Vegetables</p> <p>Summer Trifle 1,7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Roast Chicken & Gravy Samosa Puff 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes Broccoli Carrots</p> <p>Cornflake Cookie 1,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Chicken Fajita 1 Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rice Tomato Salsa Green Beans</p> <p>Carrot & Orange Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Salmon Fish Cake 1,8 Margherita Pizza 1,3,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Peas, Grated Carrot</p> <p>Oaty Biscuit 1,15 VG Yoghurt 3,7 Fruit Pots VG</p>
WEEK THREE	<p>Mild Chilli Beef Tomato & Herb Penne Pasta 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rice Peas Mixed Peppers</p> <p>Jam Roly Poly 1,6 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Chicken Pie 1 Vegetable Stir Fried Noodles 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Crushed Potatoes Seasonal Vegetables</p> <p>Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>BRUNCH Pork Sausage & Bacon 1,3,6 Or Vegetable Sausage 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Brunch Hash Potatoes Baked Beans Mushrooms & Tomatoes</p> <p>Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Margherita Pizza 1,3,7 V Loaded Cajun Bean Wedges VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rainbow Rice Sweetcorn Coleslaw 9</p> <p>Sultana Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Fish Fingers 1,8 Cheese & Bean Parcel 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Peas, Baked Beans Cucumber Sticks</p> <p>Caramel Cookie 1,7 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.



10 Top Tips for Parents and Educators

HELPING NEURODIVERGENT CHILDREN NAVIGATE THE ONLINE WORLD

Neurodivergent people tend to be early adopters of technology, and many influential innovators in this space are neurodivergent themselves. It's therefore likely that a neurodivergent child or young person may be drawn to the online world from an early age. This isn't a concern in itself, but understanding both the benefits and potential risks is essential. Here are ten key considerations to support safe and positive online experiences for neurodivergent children.

1 TREAT ONLINE LIKE THE REAL WORLD

You wouldn't allow a child to cross a road without guidance – you'd hold their hand, use a pedestrian crossing, and model safe behaviour. In the same way, a neurodivergent child's first experiences online should be supported by an adult who can guide and explain safe and responsible digital behaviour to them from the outset.

2 MODEL RESPONSIBLE USE

Children learn from what they see. Show all children, regardless of neurotype, what responsible internet use looks like. Reflect on your own use of social media and AI. Consider how often you use them and your own understanding of these platforms. Talk openly about when and why you use these tools, helping all children develop a balanced and informed approach.

3 KNOW YOUR LIMITS

Current government guidance suggests no solo screen use below the age of two, with a maximum of one hour per day for two- to five-year-olds. Screen time can support communication and connection when shared with an adult. However, passive watching can affect neurodivergent children's attention and language skills. Focus on the type of content they watch, encouraging slower-paced and meaningful material rather than fast-paced, overstimulating content.

4 CONSIDER AGES AND STAGES

For older children and teenagers, agreed limits are important. Screen time can be beneficial, but it should form part of a balanced lifestyle. Neurodivergent children may find online communication easier than real-world conversation, supporting their social interaction. However, it shouldn't be their only option. Encourage a range of activities, including creative play, physical exercise, and opportunities for real-world connections.

5 KEEP CONVERSATIONS OPEN

Discussions about online safety should begin early and continue as children grow. However, neurodivergent children may worry about getting things wrong or being misunderstood, meaning these kinds of conversations should feel open and fair, rather than like a lecture. If a child encounters a problem – such as a scam or inappropriate content – they need to feel able to speak to a trusted adult without fear of judgement or embarrassment.

6 BUILD YOUR KNOWLEDGE

You aren't expected to be an expert, but it's important to stay informed about the platforms, games, or apps neurodivergent children use in order to provide practical support. Social media platforms have age limits, and many apps and games offer parental settings that can control access. Schools and families should work together to understand these tools, helping neurodivergent children use them safely while keeping up to date with new features and changes.

7 SET CLEAR BOUNDARIES

Children and young people often know more about current technology than adults, meaning it's important to recognise that controls may be bypassed. Clear, predictable boundaries should be used, based on trust and consistency. Involving children in discussions that affect them helps them feel heard. This is particularly important for neurodivergent children, who may respond strongly to perceived unfairness.

8 UNDERSTAND AI CONTENT

The internet now includes large amounts of AI-generated content, including images, videos, and stories. These can be difficult to identify. Children should be encouraged to question what they see and check the information using trusted sources. Neurodivergent children may interpret content literally, meaning adult guidance is important in helping them recognise what's real and reliable – and what isn't.

9 EXPLAIN AI LIMITATIONS

AI isn't the same as a search engine. It generates responses based on prompts and patterns, and its accuracy depends on how it's used. Sometimes, it produces incorrect or unrealistic information, known as "hallucinations". Both adults and children need to understand this and learn how to check information carefully using reliable and trusted sources.

10 CLARIFY AI RELATIONSHIPS

AI can feel conversational and personal, but it's not capable of real relationships. It learns from patterns in user input rather than human understanding. Some neurodivergent children may experience a sense of connection with AI chatbots, particularly if they find social situations challenging. It's therefore important to explain that these are simulated conversations and aren't a substitute for real, human relationships.

Meet Our Expert

Catrina Lawri is a neurodivergent former SENCO and Advisory Teacher who works with nurseries, schools, colleges, and businesses to improve inclusion for neurodivergent people. She is the Founder and Director of *Neuroteachers* and the author of *"The Other 29 – How Supporting Your Neurodivergent Learner Can Improve Teaching and Learning for the Whole Class"*.



See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 06.05.2024



MHST Webinars

Bexley Mental Health Support Team are offering the following webinars to all parents of primary school children. Please register on the link below if you wish to attend. We look forward to seeing you there!

Emotion Regulation

Wednesday 20th May 2026 5pm-6pm

<https://www.eventbrite.com/e/1988984570392?aff=oddtcreator>

Helping your child with fears and worries

Tuesday 9th June 2026 4-5pm

<https://www.eventbrite.com/e/1988985224348?aff=oddtcreator>

Transition to secondary school

Wednesday 1st July 2026 4-5pm

<https://www.eventbrite.com/e/1988985854232?aff=oddtcreator>

The Bexley Mental Health Support Team provides a service to both Primary and Secondary schools, delivering evidence-based interventions for children and young people experiencing mild-moderate mental health issues. The service is delivered by professionals who have specialist training in early intervention for children and young people. We provide 1:1 and group interventions for young people and parents, as well as workshops and webinars. Our core interventions include work with parents around common behavioural difficulties and children's fears and worries, and our work with older children and adolescents focuses on anxiety or low mood. For primary school aged children, we mainly work with parents and carers. We do sometimes work directly with Year 6 children.

Please speak to a member of school staff if you are interested in a referral to our service.

Information

When dropping off and collecting your children from school, please be mindful of our neighbours. We have received concerns from local residents asking that driveways are not blocked or used for parking at any time. In addition, please do not park in restricted areas, including the zig-zag lines outside the school, permit holder spaces, or in car parks within the surrounding closes. Your cooperation in respecting local residents, road safety regulations, and access for all is greatly appreciated. Thank you in advance for your support



If you need a new book bag or PE bag please go to the school office where purchase these. Our new Pelham rucksacks can be purchased from Casey's School Uniform. The link is below. <https://www.caseysschoolwear.co.uk/primary-school/pelham-primary-school.htm>



THINK BEFORE YOU **PARK**

BE CONSIDERATE TO OUR NEIGHBOURS
DO NOT PARK ON ZIG ZAG LINES

YOU COULD ENDANGER
A CHILD'S LIFE



If you would like to speak to a member of the school leadership team please email: pelhamadmin@illuminateminds.org

WE DREAM BIG