



# Newsletter

Friday 1<sup>st</sup> May 2026



To Parents and Carers,

It has been a good week here at Pelham. Today Giraffes went to Eltham Palace to learn more about the Tudors. They all had a really good day and represented Pelham well. Zebra's will be going on the same trip next week. Nursery also went out to the Farm this week and enjoyed meeting the different animals. Don't forget to check the dates below for when class trips are happening.

A big well done to some Year 5 and 6 pupils who took part in Brilliant Club and worked in collaboration with a university. They even wrote their own dissertation. This week they went to university and graduated. This is such a fantastic opportunity and we were all incredibly proud.

#### Dates coming up

- 22<sup>nd</sup> May learning showcases
- 8<sup>th</sup> June at 10am Nursery and Reception Sports Day
- 8<sup>th</sup> June at 2pm Year 1 and 2 Sports Day
- 9<sup>th</sup> June at 10am Year 3 and 4 Sports Day
- 9<sup>th</sup> June at 2 pm Year 5 and 6 Sports Day
- 12<sup>th</sup> June Family colour run (look out for more details coming soon)

Please ensure you put the above dates in your diaries. Sports week last year was a great success and this year we are hoping our colour run will help raise money to go towards a new forest school area. Also coming up over the summer term is Father's day sale, colour day, summer fair, year 6 leavers, school trips, Paralympics, more information will follow on the coming newsletters.

#### Reminder

- 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 not bringing rucksacks into school. They should either be using a book bag or the new Pelham rucksacks. PE kit should be in their PE bags. You can find pictures of these below and a link to our supplier.

Wishing you all a good bank holiday weekend.

Kind Regards,

*Miss Took*

# Term Dates



Monday 4 <sup>th</sup> May 2026	Tuesday 5 <sup>th</sup> May 2026	Wednesday 6 <sup>th</sup> May 2026	Thursday 7 <sup>th</sup> May 2026	Friday 8 <sup>th</sup> May 2026
<b>Bank Holiday School Closed</b>	Pokemon Club Y1&2. Arts & Crafts Y4&5.	Pokemon Club Y3&4. EYSF and Year 1 Animal Workshop	ASM Football Training Y1-6.  Centre Stage – Performing Arts Y1-6.	Zebras Trip to Eltham Palace

## Attendance % & Number of Children Lates

For W/E 01/05/2026



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	86.2%	2
<b>Bumblebees</b>	<b>97.2%</b>	<b>2</b>
Ladybirds	92.1%	3
Butterflies	94.1%	5
Dragonflies	95.7%	6
Kangaroos	94.3%	1
Koalas	91.3%	3
Penguins	96.9%	3
Polar Bears	96.4%	3
Flamingos	95.0%	3
Pelicans	96.6%	0
<b>Giraffes</b>	<b>97.6%</b>	<b>1</b>
Zebras	96.6%	1
Parakeets	96.6%	1
Starlings	97.0%	2

# 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	51	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			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



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



# Information



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.html>



# AFTER-SCHOOL SPORTS CLUBS With ASM ACADEMY

ALLSTARS SPORTS AND MENTOR ACADEMY

ASM Academy after school clubs give children the perfect chance to stay active, build confidence, and enjoy playing with friends in a fun, supportive environment. With structured coaching programmes for every year group, our friendly, qualified coaches create exciting sessions that help children learn new skills, develop teamwork, and leave each week with a smile.

**THURSDAYS - YEARS 1&2 -  
FOOTBALL**

**THURSDAYS - YEARS 3&4 -  
FOOTBALL**

**THURSDAYS - YEARS 5&6 -  
FOOTBALL**



**TIMES: 3:20 PM TO 4:20 PM**

**PRICE: £37.50  
FOR 5 SESSIONS**

**1** **TERMLY  
PRESENTATION**



## FAQ'S

- Clubs consist of .15 Mins Warm up, .25 Mins Coaching Practice, .20 Mins Games 
- Comfortable sportswear or pe kit, trainers and bring water 
- Sessions include Fun Training & Games 
- Certificates, Medals, Trophies End of Term Presentation 
- Children will be in age appropriate groups 
- FA / UEFA Qualified Coaches 
- All staff are dbs checked and first aid trained 

**TO BOOK VISIT: [ASMACADEMY.CLASSFORKIDS.CO.UK](http://ASMACADEMY.CLASSFORKIDS.CO.UK)**

FOR FULL COURSE DATES PLEASE VISIT LINK ABOVE



**Any questions**  
Info@asmacademy.co.uk



**Contact Us**  
07904 121 075



**Visit Our Website**  
www.asmacademy.co.uk





# Learn to code with Code Camp afterschool!



## Little Coders *Years 1 and 2*

Our incredibly popular Little Coders after-school club is designed for our youngest coders who want to learn the basic principles of coding in a fun, practical and exciting way. Building on the KS1 computing curriculum, students will learn about simple algorithms, loops, variables, animation, level design and more through coding their own simple games. Not to be missed!



## Coding *Years 3 - 6*

Calling all budding game designers! Our highly-rated Coding after-school club allows older children to create and publish their own unique games using our custom platform, Code Camp World. We have made Code Camp World as accessible as possible, meaning that children can focus on the fun aspects of coding whilst developing problem-solving and creativity skills.

Get creative using design, coding and logic  
to code your own game!

[www.codecamp.co.uk/afterschool](http://www.codecamp.co.uk/afterschool)

hello@codecamp.co.uk  
www.codecamp.co.uk



4.9 stars on reviews.io



# 10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, most young people will encounter exam stress, which can affect their mental, emotional, and physical wellbeing. Mental health charity YoungMinds estimates that 87% of pupils experience exam-related stress. This highlights the importance of supporting young people to manage exam pressure effectively, maintain perspective, and protect their overall wellbeing during these periods.

## 1 PRACTISE WORKLOAD WISDOM

The build-up to exams can feel overwhelming, with competing demands on time and energy. Encourage young people to reflect on whether their workload is realistic and allows them time to rest and recharge. Support them in creating a manageable revision timetable that includes regular breaks and occasional days off. Remind them that plans can be adjusted if they feel overwhelmed, helping to reduce the pressure and prevent burnout.

## 2 CLEAR UP THE CLUTTER

A cluttered workspace can reduce focus and increase stress levels. Encourage young people to keep their study area tidy and organised, with clearly arranged notes and materials. A calm, dedicated space can support concentration and create a more relaxed mindset. Adding colour, mind maps, or creative elements can also make revision feel less daunting and more manageable.

## 3 MASTER THE MATERIALS

Revision can feel particularly stressful if young people are unsure where to begin. Help them confirm key study topics and materials, ensuring they're using accurate and relevant resources. Reducing uncertainty can help them feel more in control of their learning. Reassure them that they don't need to know everything perfectly, as building their understanding over time is what matters most.

## 4 GET CREATIVE WITH NOTES

Writing out detailed notes, rather than relying only on bullet points, can strengthen their understanding and retention. Encourage young people to turn these notes into flashcards for regular review and repetition. Feeling familiar with their material can boost their confidence and reduce anxiety during exams. This approach can help them feel more prepared and less likely to panic under pressure.

## 5 USE VISUAL MEMORY AIDS

Visual resources can make learning more effective and reduce their frustration when information feels difficult to grasp. Encourage the use of diagrams, videos, sticky notes, and colour coding to reinforce key ideas. Creating simple mnemonics can also make information easier to remember. Using a variety of methods can help prevent mental fatigue and keep revision feeling fresh and manageable.

## 6 BUILD A TECH TOOLKIT

Technology can be a valuable supporting tool during exam preparation when used in a balanced way. Educational websites, revision platforms, and subject-specific videos can help explain complicated topics clearly, reducing the risk of confusion or stress. Encourage young people to use these tools to support – rather than overwhelm – their learning, and to take regular breaks from their screens to protect their wellbeing.

## 7 KEEP REVISION ENJOYABLE

Revision is often more effective when it feels engaging and varied. Encourage young people to incorporate humour, real-life examples, or creative approaches into their learning. Mixing study methods, including light physical activity such as short walks, can also improve their mood and focus. Enjoyable revision experiences can help reduce stress and make the process feel more positive and sustainable.

## 8 USE ACTIVE STUDY METHODS

Active revision techniques can help young people feel more confident and in control of their learning. Strategies such as spaced repetition and active recall, including self-testing or explaining concepts aloud, can highlight both their strengths and areas for improvement. This clarity can reduce last-minute panic and support a calmer, more prepared approach to exams.

## 9 USE AI THOUGHTFULLY

AI tools can support revision by making learning more personalised and manageable. Young people can use them to generate practice questions, summarise information, or break down topics into simpler steps. Used carefully, these tools can reduce overwhelm and save time. Remind young people to check AI information with trusted sources to ensure its accuracy and build confidence in their understanding.

## 10 PRACTISE WITH ONLINE TOOLS

Online revision platforms can help young people test their knowledge and track their progress. Many offer quizzes, flashcards, and practice papers aligned with exam boards. Encourage regular self-testing – including timed activities – to build up familiarity with exam conditions. Becoming more comfortable with the format of exams can reduce anxiety and help young people approach them with greater confidence.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of Social Enterprise UK's 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



See full reference list on our website

[@wake\\_up\\_weds](https://www.instagram.com/wake_up_weds)

[/www.thenationalcollege](https://www.facebook.com/wake.up.wednesday)

[@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday)

[@wake.up.weds](https://www.instagram.com/wake.up.weds)

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

We Dream Big