Friday 16th October 2026

Pelham Primary School Newsletter

DATES COMING UP :

October Half Term 19th October to 30th October

6th November Inset Day

10th November Year 6 TFL Workshop

11th November Rememberance Day

13th November Children in Need

16th November Individual Photos

23rd November Year 5 Horniman Museum

24th November Stretto Performance

25th November RockSteady Performance

27th November Winter Fair

To Parents and Carers,

I cannot believe that we have already reached the end of our first half term! It has been such a fantastic start to the new academic year, with so many wonderful experiences and opportunities for our children.

There have been many highlights this half term. Every year group has already enjoyed a school trip, we have welcomed three workshops into school, and our Year 6 children have worked with Age UK, attending tea and coffee mornings with older members of our community. Year 6 also took part in a Youth Unity workshop, while our Nursery and Reception families enjoyed a fabulous Family Fun Morning. We were also incredibly proud to open the doors to our brand-new 2+ Nursery.

Thank you to all the parents and carers who attended our Parents' Evenings this week. We had a fantastic turnout and really value the opportunity to discuss your children's learning and progress with you. Our parent questionnaires are now being collated, and we will share the responses with you through our newsletters next half term.

Today was another brilliant day, with our Learning Showcases taking place across Years 1 to 6. It was wonderful to see Year 1 children sewing puppets with their parents, Year 2 families taking part in art lessons, Year 3 creating Stone Age board games, Year 4 testing their parents' knowledge through class quizzes, Year 5 sharing their knowledge of Ancient Greece through a carousel of activities, and Year 6 getting hands-on with heart dissections!

This half term really has been jam-packed, and it has been a brilliant way to start the new academic year. We already have lots planned for next half term and cannot wait to welcome everyone back.

Thank you, as always, for your continued support. I hope you enjoy the two-week break with your children, and we look forward to seeing everyone again when the new term begins on 2 November.

Have a wonderful half-term break!

Kind Regards
Miss Took
Head of School











Weekly Calendar

Monday 2nd November 2026	Tuesday 3rd November 2026	Wednesday 4th November 2026	Thursday 5th November 2026	Friday 6th November 2026
Welcome Back			Rescheduled - Winnie the Pooh workshop for years 1-3 in the school Hall.	INSET DAY

Information


What Parents & Educators Need to Know about
AI COMPANIONS
Powered by generative AI models like ChatGPT and Google Gemini, AI companion apps and virtual chatbots such as Character.ai, Snapchat My AI, Replika and Talkie, allow users to create, customise, and chat to synthetic avatars around the clock. While many young people use them for harmless entertainment, creative writing or homework help, these tools are designed to simulate genuine human empathy, emotional bonding and deep friendship.
WHAT ARE THE RISKS?
EMOTIONAL DEPENDENCY
AI companions are programmed to be endlessly agreeable, attentive, and available 24/7. Unlike human friendships, an AI companion never disagrees, sets personal boundaries, or gets tired. Young people (especially those experiencing loneliness, social anxiety, or low self-esteem) can quickly develop an unhealthy emotional attachment, viewing synthetic software as their 'best friend' or a surrogate romantic partner.
DISTORTED SOCIAL SKILLS
Navigating real-world friendships can be messy, involving dealing with conflict, compromise, boredom, and awkwardness. If a teenager spends hours interacting with an AI that is tailored specifically to validate and flatter them, they may become impatient with real-world relationships. Over time, this can lead to social withdrawal, heightened anxiety in peer groups, and isolation, a vicious circle of growing online dependency coupled with a heightened sense that relationships in the 'real world' are too challenging to maintain.
DANGEROUS MENTAL HEALTH ADVICE
AI chatbots possess no genuine empathy, professional clinical knowledge, or moral reasoning. While developers state these tools are not therapists, vulnerable teenagers often turn to them in crisis. Chatbots have previously hallucinated unsafe medical guidance, validated depressive spirals, and failed to safely escalate disclosures of self-harm or suicidal ideation to real-world protective services.
INAPPROPRIATE OR EXPLICIT CONTENT
CENSORED
While most mainstream platforms feature safety filters and guardrails, young people frequently discover 'jailbreak' prompts to bypass them. Some companion platforms subtly nudge users towards mature themes, romantic roleplay, or sexually suggestive conversations. In worse cases, third-party apps with weak safety checks have been found to generate sexually explicit text or intimate images.
DATA HARVESTING & OVERSHARING
Because conversational bots simulate warmth and understanding, children often lower their guard and treat the chatbot as a trusted friend. They may disclose sensitive personal information, including full names, school details, private family problems, or secrets, unaware that their conversations are being logged, may be analysed by third parties (including advertisers), or used to train future AI models.
"FREEMIUM" UPSELLS & SUBSCRIPTIONS
Many companion platforms operate on a freemium model. While basic chat is free, features like voice calls, uncensored responses, custom avatars, or 'deeper bonding' tiers are locked behind expensive monthly recurring subscriptions or in-app token purchases. This can lead to significant hidden costs and pressure on young people to spend money to maintain the 'friendship'.
Advice for Parents & Educators
TALK OPENLY ABOUT FAKE RELATIONSHIPS
Demystify how these tools work. Explain to young people that an AI companion has no feelings, memories, or consciousness. It is simply calculating the most most mathematically probable word based on its training data. It is helpful to explain to them the mechanics of large language models so that they understand how they are trained and how they are designed to always flatter and be helpful.
ENCOURAGE REAL-WORLD CONNECTION
Ensure technology habits do not replace face-to-face peer socialisation, sports, hobbies, and family time. Create healthy boundaries at home (such as keeping phones and tablets out of bedrooms overnight) to prevent late-night, unmonitored attachment loops with conversational chatbots when young people are at their most vulnerable.
AUDIT PRIVACY SETTINGS & AGE LIMITS
18
Check which companion apps are installed on your child's phone or tablet. Many dedicated companion apps carry an App Store rating of 12+, while platforms like Character.ai set a minimum age of 13+ (or 18+ in the UK/EU). Review the privacy settings together, turn off data-sharing toggles, disable model training where possible, and ensure location permissions are blocked.
REINFORCE WHERE TO GET REAL HELP
Make sure young people know that a machine can never replace professional pastoral or mental health care. Remind them of the trusted adults they can turn to at school – such as their form tutor, Head of Year, or the Designated Safeguarding Lead (DSL) – as well as dedicated youth support services like Childline (0800 11) or Shout (text 85258).
Meet Our Expert
Darren Cosen is the Founder and Executive Director of Kompass Education, a consultancy specialising in supporting educators, students and parents in making wise choices with AI. His book Ethical AI and Education, co-authored with Clara Hawking, will be released later in 2026 by Taylor and Francis.
#WakeUp Wednesday
The National College
See full sources list on our website

Pelham Primary School

Little Dreamers 2+ Provision



Little Dreamers 2+ Provision

Our **brand-new Little Dreamers 2+ Provision** provides high-quality early years learning in a nurturing, safe and inspiring environment. We create a space where children can **learn, play, explore and grow** with confidence.

With caring staff and exciting opportunities, we help every child build strong foundations for their future.

To brook a visit or register today, please call **02083036556**

or email the school office : **pelhamadmin@illuminateminds.org**

SPACES AVAILABLE NOW!

HALF TERM

PELHAM PRIMARY SCHOOL

We Dream Big

Baby and Toddler Stay & Play Sessions

(0-3 Years)

October 19th - 30th

10am - 11am

2pm - 3pm



Join us for a fun-filled session where you can meet other local parents and carers while enjoying playtime with your little one!

We'll even treat you to a free drink.

Everyone welcome!

Enquire

0208 303 6556

pelhamstayandplay@illuminateminds.org

Bring a friend, it's FREE

PELHAM SCHOOL CLUBS

Be Creative
Be Active
Be You

Different Interests
Brighter Futures



MARTIAL ARTS CLUB



GYMNASTICS CLUB



POKÉMON CLUB



DRAMA CLUB



YOUNG VOICES



LUNCHTIME CHOIR CLUB



FOOTBALL CLUB





SPANISH CLUB



WINTER CRAFTS CLUB

SAME SCHOOL
BRIGHTER TOGETHER

Learn
Play
Grow
Belong

SPOTACULAR

BBC CHILDREN IN NEED

Wear it. Donate. Support.

Friday 13th November 2026

Go Yellow, Go Spotty!

Leave your uniform at home and wear your brightest yellow or spotty outfit. Every donation helps support an amazing cause!



Thank you for getting involved!

Attendance and Number of Children Lates

For W/E 09/10/2026

ATTEND TODAY, ACHIEVE TOMORROW

EVERY DAY COUNTS

Registration Form	Present Marks (%)	Late Marks
Caterpillars	98.9%	2
Little Dreamers	100.0%	0
Bumblebees	97.4%	1
Ladybirds	98.6%	2
Butterflies	95.6%	3
Dragonflies	95.0%	1
Kangaroos	93.2%	3
Koalas	97.3%	4
Penguins	97.0%	6
Polar Bears	100.0%	2
Flamingos	96.9%	5
Pelicans	93.2%	5
Giraffes	98.7%	4
Zebra	92.7%	3
Parakeets	99.3%	5
Starlings	97.9%	3

WHY ATTENDANCE MATTERS

You learn more
You build friendships
You gain confidence
You have fun

Every day in school is another chance to learn, laugh and achieve

CHALLENGE TIME!

Can we get even more classes aboce 95% attendance next week?

BE HERE. BE READY. BE YOUR BEST

Thank you to all our families for your continued support in helping children attend school every day!

Term Dates & Lunch Menu

Illuminateminds Trust – Term Dates 2026/27

September 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
36		1	2	3	4	5	6
37	7	8	9	10	11	12	13
38	14	15	16	17	18	19	20
39	21	22	23	24	25	26	27
40	28	29	30				

October 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
40				1	2	3	4
41	5	6	7	8	9	10	11
42	12	13	14	15	16	17	18
43	19	20	21	22	23	24	25
44	26	27	28	29	30	31	

November 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
44							1
45	2	3	4	5	6	7	8
46	9	10	11	12	13	14	15
47	16	17	18	19	20	21	22
48	23	24	25	26	27	28	29
49	30						

December 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
49		1	2	3	4	5	6
50	7	8	9	10	11	12	13
51	14	15	16	*17	18	19	20
52	21	22	23	24	25	26	27
53	28	29	30	31			

January 2027							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
53					1	2	3
1	4	5	6	7	8	9	10
2	11	12	13	14	15	16	17
3	18	19	20	21	22	23	24
4	25	26	27	28	29	30	31

February 2027							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
5	1	2	3	4	5	6	7
6	8	9	10	11	12	13	14
7	15	16	17	18	19	20	21
8	22	23	24	25	26	27	28

March 2027							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
9	1	2	3	4	5	6	7
10	8	9	10	11	12	13	14
11	15	16	17	18	19	20	21
12	22	23	24	25	26	27	28
13	29	30	31				

April 2027							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
13				1	2	3	4
14	5	6	7	8	9	10	11
15	12	13	14	15	16	17	18
16	19	20	21	22	23	24	25
17	26	27	28	29	30		

May 2027							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
17						1	2
18	3	4	5	6	7	8	9
19	10	11	12	13	14	15	16
20	17	18	19	20	21	22	23
21	24	25	26	27	28	29	30
22	31						

June 2027							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
22		1	2	3	4	5	6
23	7	8	9	10	11	12	13
24	14	15	16	17	18	19	20
25	21	22	23	24	25	26	27
26	28	29	30				

July 2027							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
26				1	2	3	4
27	5	6	7	8	9	10	11
28	12	13	14	15	16	17	18
29	19	* 20	21	22	23	24	25
30	26	27	28	29	30	31	

August 2027							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
30							1
31	2	3	4	5	6	7	8
32	9	10	11	12	13	14	15
33	16	17	18	19	20	21	22
34	23	24	25	26	27	28	29
35	30	31					

INSET DAYS | HOLIDAYS

*School finishes at 1.00pm on 17/12/26 & 20/07/27



I LOVE SCHOOL DINNERS

INDEPENDENTCATERING | EDUCATERLIMITED

WEEK 1

Made in your school kitchen! We prepare and cook all our menu items, so if you need to know the ingredients, please ask
All our meals are made daily from fresh locally sourced and seasonal produce from Kent

DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE

	MONDAY 2 NOVEMBER	TUESDAY 3 NOVEMBER	WEDNESDAY 4 NOVEMBER	THURSDAY 5 NOVEMBER	FRIDAY 6 NOVEMBER
V VEGETARIAN VEGAN	Shepherdess Pie (8) VEGAN	Vegetable and Quorn Mince Spring Roll (1, 8, 12) VEGAN	Leek and Mixed Bean Parcel (1) VEGAN	Sweet Potato and Chickpea Curry (1, 11) VEGAN	Vegetable Sausage (1) VEGAN
M MAIN MEAL	Macaroni Cheese (1,8, 9, 11)	Chinese Style Chicken and Prawn Cracker (2, 8)	Roast Gammon and Pineapple with Gravy	Mild Chicken Curry (1, 11)	Breaded Fish or Salmon Fish Cake (1, 4)
P PASTA DISH	Arrabbiata Pasta (1)	Tomato and Pepper Pasta (1)	Roasted Vegetable and Herb Pasta (1)	Homemade Pesto Pasta Bows (1)	Chunky Tomato Pasta (1)
J JACKET POTATO	Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4)	Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4)	Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4)	Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4)	Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4)
S SIDE DISHES	Garlic Bread (1,8) Garden Peas, Salad Bar	Stir Fry Vegetables and Noodles (1, 7) Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage, Salad Bar	Rice, Naan Bread (1) House Salad	Chips, Peas and Baked Beans Salad Bar
D DESSERT DISHES	Fruity Flapjack (1, 14)	Mandarin Orange Jelly	Pineapple Upside Down Cake and Custard (1, 7,8, 9)	Fruit Smoothie Day	Rice Krispie Cake (1, 9)

AVAILABLE DAILY – HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1,8, 9) • FRESH SALAD BAR

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN
2 CRUSTACEANS
3 MOLLUSCS
4 FISH
5 PEANUTS
6 NUTS
7 EGGS
8 SOYBEANS
9 MILK
10 CELERY
11 MUSTARD
12 LUPIN
13 SESAME
14 SULPHUR DIOXIDE

*ALL OUR MENUS ARE TREE NUT AND PEANUT FREE

INGREDIENTS CONTAINING GLUTEN (INDICATED BY THE NUMBER 1 ON THE MENU) WILL CONTAIN WHEAT, OATS, BARLEY, SPELT, RYE OR KAMUT, OR A COMBINATION THEREOF. IF YOU HAVE ANY ALLERGEN CONCERNS PLEASE SPEAK TO THE CATERING MANAGER. WHILST WE DO NOT BRING WHOLE NUTS OR INGREDIENTS WITH NUTS INTO OUR KITCHENS, SOME PRODUCTS ARE SUBJECT TO 'MAY CONTAIN' STATUS IN MANUFACTURING

WE ONLY USE

PELHAM

INDEPENDENTCATERING.CO.UK
EDUCATERLIMITED.COM

Breakfast Club and Extended Day Menu

SCHOOL MENU

	MON	TUE	WED	THU	FRI
BREAKFAST	Choice of 2 cereal which will be : Honey Loops Chocolate Hoops Corn Flakes/Rice Krispies Choice of 2 of follwing Toast/Pancakes/ served with jam, honey or butter Brioche Choice of fruit Melon Banana Apples Flavoured Yoghurts	Choice of 2 cereal which will be : Honey Loops Chocolate Hoops Corn Flakes/Rice Krispies Choice of 2 of follwing : Toast/Waffles/ served with jam, honey or butter Brioche Choice of fruit Banana Satsuma Apples Flavoured Yoghurt	Choice of 2 cereal which will be : Honey Loops Chocolate Hoops Corn Flakes/Rice Krispies Choice of 2 of follwing : Toast/Pancakes/ served with jam, honey or butter Brioche Choice of fruit Melon Banana Apples Flavoured Yoghurts	Choice of 2 cereal which will be : Honey Loops Chocolate Hoops Corn Flakes/Rice Krispies Choice of 2 of follwing : Toast/Waffles/ served with jam, honey or butter Brioche Choice of fruit Banana Satsuma Apples Flavoured Yoghurts	Choice of 2 cereal which will be : Honey Loops Chocolate Hoops Corn Flakes/Rice Krispies Choice of 2 of follwing : Toast/Pancakes/ served with jam, honey or butter Brioche Choice of fruit Melon Banana Apples Flavoured Yoghurts

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 spread with butter ,jam or honey.				
WEEK 1	Cheese/Ham Pitta Cucumber/Carrot sticks	Pasta Cucumber sticks & Tomatoes	Beans or spaghetti Hoops on Toast Cucumber/Pepper Sticks	Pizza Carrot sticks & Sweetcorn	Chicken or Veggie nuggets Peas or Carrot sticks
WEEK 2	Cheese/Ham wraps Cucumber/Carrot sticks	Noodles Cucumber sticks & Tomato	Ham/Cheese or Beans Toasted sandwich Cucumber/Pepper Sticks	Pizza Carrot sticks or Pepper Sticks	Chicken or Veggie nuggets Sweetcorn & Carrot sticks
DESSERT	Choice of Fruit or Fairy Cake	Choice of Fruit or Fairy Cake	Choice of Fruit or Fairy Cake	Choice of Fruit or Fairy Cake	Choice of Fruit or Fairy Cake

Light dinner option will be served between 4.30-4.45 - If your child does not like the choice of food on the

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