



# Newsletter

Friday 29th September 2023



@PelhamPrimary\_ Tel: 0208 303 6556 Email: Pelhamadmin@illuminate minds.org



Dear Parents and Carers,

I would like to start by thanking all parents and carers that attended our Meet the SENCO and SEND Team Coffee Morning. The event was successful in giving parents and carers the opportunity to ask for more information around SEND. Thank you also to our Year 4 parents and carers who attended our workshop on the Year 4 Multiplication Tables Check.



Our Nursery practised using their fine motor skills to butter toast. They even got to eat the toast after their hard work!

In Science, our Year 1s went on a nature walk to identify signs of Autumn! They found lots of different items to write about.

Year 4 loved exploring the book 'Here We Are' by Oliver Jeffers. They focused on the animals that can be found under the sea and wrote their own poems.

Remember to check out Twitter for more photos from our exciting learning here at Pelham. Our main school account is @PelhamPrimary\_ but we also have Twitter accounts for each year group: Nursery - @PelhamNursery, Reception - @ReceptionatPP, Year 1 - @PelhamYear1, Year 2 - @PelhamYear2, Year 3 - @PelhamYear3, Year 4 - @PelhamYear4, Year 5 - @PelhamYear5, Year 6 - @PelhamYear6

Have a fantastic weekend and remember to DREAM BIG!

Kind regards,

Mr. T. Baines



We Dream Big

# Attendance



Class	Percentage %
Bumblebees	95.2
Ladybirds	98.3
Dragonflies	92
Butterflies	99.7
Kangaroos	87.9
Koalas	98.7
Penguins	96.9
Polar Bears	92.9
Pelicans	93.3
Flamingos	92.8
Giraffes	95.2
Zebra	93.1
Starlings	94
Parakeets	96.3

It's great to see everyone working so hard to achieve the target of 100% We can only do this if we all work together!

Total for Jeans for Genes  
Day - £289.13

Thank you for your  
donations!

Information about the Flu  
Vaccination for your child  
was emailed on 27/9/23.

Please use the link provided to  
access the electronic consent  
form.



[https://sav.hrch.nhs.uk/  
flu/2023/bexley](https://sav.hrch.nhs.uk/flu/2023/bexley)

Or scan the QR code below  
using your smartphone  
camera to direct you to the  
consent form website.



# RECEPTION OPEN DAYS

IS YOUR CHILD DUE TO START SCHOOL IN  
SEPTEMBER 2024?

WE WOULD LIKE TO INVITE YOU TO OUR OPEN  
DAY ON ONE OF THE FOLLOWING DATES:

THURSDAY 19TH OCTOBER 2023 - 9:30AM - 10:30AM

THURSDAY 16TH NOVEMBER 2023 - 9:30AM - 10:30AM

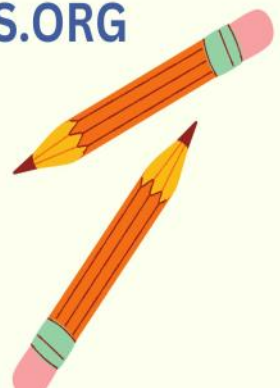
TUESDAY 28TH NOVEMBER 2023 - 4:30PM - 5:30PM

WEDNESDAY 10TH JANUARY 2024 - 9:30AM - 10:30AM

TO BOOK YOUR PLACE PLEASE EMAIL OR  
CALL THE SCHOOL OFFICE ON:

[PELHAMADMIN@ILLUMINATEMINDS.ORG](mailto:PELHAMADMIN@ILLUMINATEMINDS.ORG)

02083036556



# TOP ATTENDANCE PRIZE!

The class with the top  
attendance for this half term  
will win a movie afternoon!

**WILL IT BE YOUR CLASS?**



# WEEKLY MENU

**We are on Week 2 this week**



**WEEK 1**

17th April  
15th May  
19th June  
17th July  
25th Sept  
23rd Oct

**MONDAY**

Macaroni Cheese 1.7 v  
Vegetable Hot Pot 1.4 v  
Jackets with a Choice of Toppings 2.8 v  
  
Green Beans  
Carrots  
  
Ice Cream 7  
Mr Nourish Biscuit 1  
Fruit Pots

**TUESDAY**

BBQ Pulled Pork in a Bun 1.5  
Herby Tomato Penne Pasta 1.4 v  
Jackets with a Choice of Toppings 2.8 v  
  
Rainbow Rice  
Sweetcorn, Courgettes  
  
Chocolate Pudding 1.5  
& Chocolate Sauce 7  
Mr Nourish Biscuit 1  
Fruit Pots

**WEDNESDAY**

Roast Chicken & Gravy  
Cheesy Vegetable Burrito 1.7 v  
Jackets with a Choice of Toppings 2.8 v  
  
Rustic Roast Potatoes  
Cabbage, Carrots  
  
Fruit Jelly  
Mr Nourish Biscuit 1  
Yoghurt 7  
Fruit Pots

**THURSDAY**

Chicken Pie 1  
Arabiata Pasta Twists 1.4 v  
Jackets with a Choice of Toppings 2.8 v  
  
New Potatoes  
Seasonal Vegetables  
  
Peach Sponge 1.5  
Mr Nourish Biscuit 1  
Yoghurt 7  
Fruit Pots

**FRIDAY**

Fish Fingers 1.8  
Cheese & Spinach Pinwheel 1.7 v  
Jackets with a Choice of Toppings 2.8 v  
  
Chips, Peas  
Baked Beans, Coleslaw v  
  
Banana Bar 1.15  
Yoghurt 7  
Fruit Pots

Dishes marked with any of the following numbers contain the following allergens:

- 1 Wheat Gluten
- 2 Cuscutaneans
- 3 Soybean
- 4 Mustard
- 5 Sesame
- 6 Sulphites/Sulphur Dioxide
- 7 Milk
- 8 Fish
- 9 Egg
- 10 Peanuts
- 11 Milkcases
- 12 Celeriac/Celery
- 13 Nuts
- 14 Lupins
- 15 Bar Gluten
- 16 Barley Gluten

Allergen Accreditation

**WEEK 2**

24th April  
22nd May  
26th June  
4th Sept  
2nd Oct

Vegetable Pie 1.4 v  
Cheese & Bean Wrap Pocket 1.7 v  
Jackets with a Choice of Toppings 2.8 v  
  
New Potatoes  
Seasonal Vegetables  
  
Banana in Chocolate Custard 7  
Mr Nourish Biscuit 1  
Fruit Pots

Sweet Chicken Curry  
Cheese Topped Pasta Bake 1.7 v  
Jackets with a Choice of Toppings 2.8 v  
  
Rice, Carrots  
Cauliflower  
  
Apple Crumble 1 & Custard 7  
Mr Nourish Biscuit 1  
Fruit Pots

Roast Pork & Gravy  
Caribbean Pasty 1.4 v  
Jackets with a Choice of Toppings 2.8 v  
  
Rustic Roast, Broccoli  
Sweetcorn  
  
Crispy Cake 1.2.26  
Mr Nourish Biscuit 1  
Yoghurt 7  
Fruit Pots

\*\*\*\*  
**Theme Day Lunch**  
  
**Menu is on the next page**

Chicken Goujons 1  
Summer Frittata 9.9  
Jackets with a Choice of Toppings 2.8 v  
  
Chips, Peas  
Baked Beans, Cucumber Sticks  
  
Caramel Cookie 1.7  
Yoghurt 7  
Fruit Pots

**WEEK 3**

1st May  
5th June  
3rd July  
11th Sept  
9th Oct

Margherita Pizza 1.2.25 v  
Loaded Cajun Bean Wedges 1.4 v  
Jackets with a Choice of Toppings 2.8 v  
  
New Potatoes  
Sweetcorn  
Peppers  
  
Ice Cream 7  
Mr Nourish Biscuit 1  
Fruit Pots

Sweet & Sour Pork  
Cheesy Pasta Bows 1.7 v  
Jackets with a Choice of Toppings 2.8 v  
  
Rice, Cauliflower  
Carrots  
  
Jam Tart 1.8 & Custard 7  
Mr Nourish Biscuit 1  
Fruit Pots

Toad in the Hole 1.2.25  
Vegetable Toad in The Hole 1.2.25 v  
Jackets with a Choice of Toppings 2.8 v  
  
Rustic Roast Potatoes  
Cabbage, Peas  
  
Fruit Jelly  
Mr Nourish Biscuit 1  
Yoghurt 7  
Fruit Pots

Penne Bolognese 1  
Rice & Bean Burrito 1.4 v  
Jackets with a Choice of Toppings 2.8 v  
  
Baked Wedges  
Seasonal Vegetables  
  
Beetroot Cake 1.5  
Mr Nourish Biscuit 1  
Yoghurt 7  
Fruit Pots

Fish Fingers 1.8  
Cheesy Bean Slice 1.7 v  
Jackets with a Choice of Toppings 2.8 v  
  
Chips, Peas  
Baked Beans, Coleslaw v  
  
Brownie 1.5  
Yoghurt 7  
Fruit Pots



**WEEK 4**

8th May  
12th June  
10th July  
18th Sept  
16th Oct

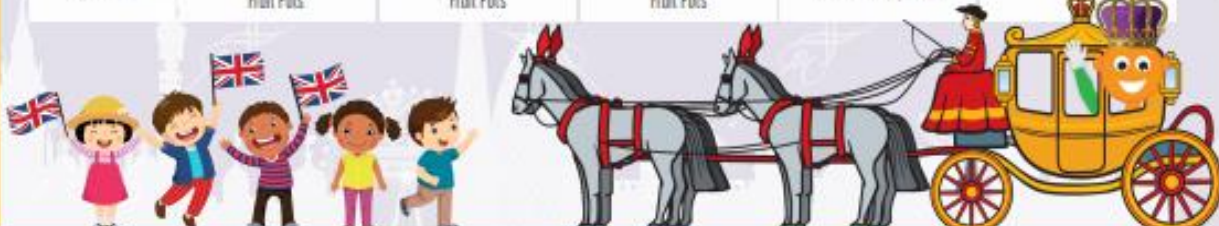
Meatfree Meatballs & Pasta 1.4 v  
Quorn Sausage & Bean Pie 1.4 v  
Jackets with a Choice of Toppings 2.8 v  
  
Cauliflower  
Carrots  
  
Peach Crumble 1 & Custard 7  
Mr Nourish Biscuit 1  
Fruit Pots

Beef & Onion Pie 1  
Cheesy Pasta Twists 1.7 v  
Jackets with a Choice of Toppings 2.8 v  
  
New Potatoes  
Seasonal Vegetables  
  
Strawberry Pot 7  
Mr Nourish Biscuit 1  
Fruit Pots

Roast Gammon & Gravy  
Vegan Sausage Roll 1.4 v  
Jackets with a Choice of Toppings 2.8 v  
  
Rustic Roast Potatoes  
Green Beans, Carrots  
  
Chocolate Cornflake Cake 1.2.26  
Mr Nourish Biscuit 1  
Yoghurt 7  
Fruit Pots

Chicken Fajitas 1.8  
Tomato Spaghetti 1.4 v  
Jackets with a Choice of Toppings 2.8 v  
  
Rice, Sweetcorn, Side Salad  
  
Troybake Pancake 1.25  
& Berry Sauce  
Mr Nourish Biscuit 1  
Fruit Pots, Yoghurt 7

Salmon Fish Cakes 1.28  
Margherita Pizza 1.2.25 v  
Jackets with a Choice of Toppings 2.8 v  
  
Chips, Peas  
Baked Beans, Carrot Sticks  
  
Doty Biscuit 1.15  
Fruit Pots, Yoghurt 7



SMILE WITH US  
**NOURISH**

# Mr Nourish's Birthday

**Thursday 5th October 2023**

Burger in a Bun 1,5

Vegetable Nuggets 1,6G

Jacket Potato with a  
Choice of Toppings 7,8,9

Sweetcorn

Salad Bar

Herby Diced Potato

Birthday Cake 1,9

Jelly Pots

Fruit Pots

## Competition

**DESIGN A  
BIRTHDAY CARD  
FOR MR NOURISH**

**HAND IN TO THE  
CATERING TEAM**

**PRIZES TO BE  
AWARDED ON  
HIS BIRTHDAY**



Diets marked with any of the following numbers contain the following allergens: Allergen code: 1= Wheat/Gluten 2= Crustaceans 3= Soybean 4= Mustard 5= Sesame 6= Sulphites/Sulphur Dioxide 11= Milk 18= Fish 19= Egg 100= Peanuts 102= Molluscs 103= Celery/Celery/Celery 104= Nuts 105= Lupine 106= Gluten 107= Barley/Gluten 108= Cereals