

Pelham Primary School

Newsletter Friday 10th January 2025



Dear Parents / Carers,

As we settle into the new year, I wanted to take a moment to wish you all a very happy and healthy 2025! I hope the festive season was filled with joy, laughter, and precious moments spent with loved ones.

Now, with renewed energy and optimism, I can't help but feel a buzz of excitement as we embark on 2025 together. At times we can face challenges, but within classrooms lies incredible potential, ready to be unlocked and nurtured. And that's why, here at Pelham, we're setting the bar high – aiming for nothing less than excellence every day. I'm not talking about simply achieving good outcomes in assessments, although that's important too. It's about instilling a love of learning, a thirst for knowledge, and a drive to go above and beyond. It's about nurturing critical thinking, creativity, and problem-solving skills – the vital tools our children need to navigate the ever-changing world.

This commitment to excellence starts in every classroom, every day. Our dedicated teachers are passionate about creating engaging lessons that spark curiosity, challenge thought, and inspire confidence. We're continuously innovating, exploring new pedagogical approaches, and fostering a dynamic environment where ideas can flow freely. Excellence isn't just about what happens within the four walls of a classroom. It extends to every interaction, every conversation, every decision we make as a school community. It's about fostering a culture of respect, understanding, and inclusivity where all students feel valued and supported.

So, let's make 2025 the year we truly unlock the potential of every child. Let's work hand-in-hand to create a school where excellence is not just a destination, but a daily adventure. I'm excited to see what we can achieve together in this new year.

Best wishes,

A handwritten signature in black ink that reads 'Mr. Robinson'.

Mr Robinson
Executive Head Teacher/ Director of Standards

Dates for your Diary



Monday 13th January 2025	Tuesday 14th January 2025	Wednesday 15th January 2025	Thursday 16th January 2025	Friday 17th January 2025
			Nourish Theme Day Lunch— Pre Chinese New Year (see page 3)	
Monday 20th January 2025	Tuesday 21st January 2025	Wednesday 22nd January 2025	Thursday 23rd January 2025	Friday 24th January 2025
Young Voices Concert at O2			Year 1 Transport Museum	

Attendance % & Number of Children Late

For w/e: 10/01/25



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

Caterpillars	94.4%	3
Bumblebees	97.4%	4
Ladybirds	87.5%	3
Butterflies	94.8%	2
Dragonflies	100.0%	3
Kangaroos	98.6%	3
Koalas	97.8%	0
Penguins	82.3%	4
Polar Bears	95.4%	2
Flamingos	98.1%	1
Pelicans	98.1%	1
Giraffes	93.8%	2
Zebra	94.4%	1
Parakeets	96.7%	0
Starlings	95.8%	1

Menu



NOURISH

Pre Chinese NEW YEAR MENU

THURSDAY 16TH JANUARY 2025

CHICKEN CHOW MEIN ^{1,3,16}

STICKY TOFU BAO BUNS ^{1,3,7,9,16 V}

+++

FRIED RICE (DOU YA CHAO FAN) ^{VG}

ORIENTAL
STIR FRY VEGETABLES ^{VG}

+++

CHINESE
BUTTER COOKIES ^{1 VG}

MELO MELO JELLY ^{VG}

FRUIT POTS

**Jacket
Potatoes will
also be
available**

Year of the Snake

Dishes marked with any of the following numbers contain the matching allergen:
(VG) Vegan (V) Vegetarian

Allergen code: (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



Menu

WEEKLY MENUS

NOURISH
GROW WITH US

NOVEMBER 2024
TO MARCH 2025

LOOK OUT FOR
OUR THEMED DAYS!

WEEK ONE

4TH NOVEMBER

2ND DECEMBER

6TH JANUARY

3RD FEBRUARY

10TH MARCH

WEEK TWO

11TH NOVEMBER

9TH DECEMBER

13TH JANUARY

10TH FEBRUARY

17TH MARCH

WEEK THREE

18TH NOVEMBER

16TH DECEMBER

20TH JANUARY

24TH FEBRUARY

24TH MARCH

WEEK FOUR

25TH NOVEMBER

30TH DECEMBER

27TH JANUARY

3RD MARCH

31ST MARCH

FRIDAY

Fish Fingers 1,8
Cheese & Tomato Puff 1,7, V
Jackets with a Choice of Toppings 7,8,9
Chips, Peas, Baked Beans, Coleslaw 9
Ginger Biscuit 1,15 VG
Yoghurt 3,7
Fruit Pots VG

THURSDAY

Chicken Arabiatta Pasta 1
Biryani Balls in a Curry Sauce 1 VG
Jackets with a Choice of Toppings 7,8,9
Seasonal Vegetables
Chocolate & Vanilla Cake 1,7
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

WEDNESDAY

Roast Turkey & Gravy
Falafel Burger 1,5 VG
Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes or Jollof Rice
Cauliflower, Broccoli
Fruit Jelly VG
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

TUESDAY

Beef Stew & Dumpling 1
Pesto Pasta Bake 1,7 V
Jackets with a Choice of Toppings 7,8,9
Herby Bread 1,3,7,9, Green Beans, Carrots
Apple Crumble 1 VG & Custard 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

MONDAY

Cheese & Bean Lasagne 1,3,4,7,9 V
Sweet Potato & Chick Pea Curry VG
Jackets with a Choice of Toppings 7,8,9
Rice, Sweetcorn, Peppers
Rice Pudding & Syrup 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Salmon Fish Cake 1,7,8
Margherita Pizza 1,3,7,9 V
Jackets with a Choice of Toppings 7,8,9
Chips, Peas, Baked Beans, Carrot Sticks
Jaffa Biscuit 1 VG
Yoghurt 3,7
Fruit Pots VG

Macaroni Cheese 1,7 V
Rice & Bean Burrito 1 VG
Jackets with a Choice of Toppings 7,8,9
Baked Wedges, Green Beans, Cauliflower
Fruit Loaf 1,3,7,9
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Roast Chicken & Gravy
Vegan Sausage Roll 1 VG
Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes or Jollof Rice
Cabbage, Sweetcorn
Chocolate Crispy Cake 1,3,7,16
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Mild Chilli 4
Pesto & Pea Penne 1,7 V
Jackets with a Choice of Toppings 7,8,9
Rice, Seasonal Vegetables
Toffee Apple Pudding 1 VG & Custard 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Chicken & Sweetcorn Pie 1
Herby Tomato Pasta Twists 1 VG
Jackets with a Choice of Toppings 7,8,9
New Potatoes, Carrots, Peas
Ice Cream 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Sausages 1,6
Quorn Sausage 1 VG
Jackets with a Choice of Toppings 7,8,9
Chips, Peas
Baked Beans, Roasted Onions
Apple Piejack 1,15 VG
Yoghurt 3,7, Fruit Pots VG

Sweet Chilli Chicken Noodles 1,3,16
Potato & Vegetable Cake
with Tomato Sauce VG
Jackets with a Choice of Toppings 7,8,9
Garlic Bread 1,3,7,9, Seasonal Vegetables
Cinnamon Roll 1,3,7,9
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Savoury Mince & Yorkshire Puddings 1,7,9
Samosa Puff 1 VG
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

Cheese & Onion Pinwheel 1,7 V
Spaghetti Vegetable Bolognese 1 VG
Jackets with a Choice of Toppings 7,8,9
New Potatoes, Green Beans, Carrots
Syrup Sponge 1 VG & Custard 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Katsu Chicken Nugget 1
Cheesy Pasta Bake 1,7 V
Jackets with a Choice of Toppings 7,8,9
Rice, Sweetcorn, Peppers
Chocolate Whip 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Fish Fingers 1,8
Bruschetta 1,7 V
Jackets with a Choice of Toppings 7,8,9
Chips, Peas, Baked Beans, Coleslaw 9
Coconut Cookie 1,7
Yoghurt 3,7
Fruit Pots VG

Bolognese Penne Pasta 1
Cheesy Cajun Wedges 4,7 V
Jackets with a Choice of Toppings 7,8,9
Cauliflower, Broccoli
Jam & Vanilla Cake 1 VG
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Roast Chicken & Gravy
Chinese Tofu wrap 1,3,16 VG
Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes or Jollof Rice
Green Beans, Carrots
Ice Cream 7
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

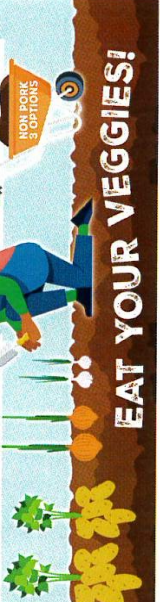
Chicken Curry
Tomato Spaghetti 1 VG
Jackets with a Choice of Toppings 7,8,9
Rice, Seasonal Vegetables
Banana Loaf 1 VG & Chocolate Custard 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Margherita Pizza 1,3,7,9 V
Meatfree Meatballs in Tomato Sauce VG
Jackets with a Choice of Toppings 7,8,9
Rainbow Pasta 1 VG, Sweetcorn, Peppers
Strawberry Mousse 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

AVAILABLE DAILY: Selection of Salads 9, Homemade Bread 1,3,7,9. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celestic. Please discuss with your manager.

VG Vegan V Vegetarian
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 Celeraiac/Calery 13 Nuts 14 Lupinus 15 Oat Gluten 16 Bailey Gluten

A Allergen Accreditation



EAT YOUR VEGGIES!

Information / Reminders



Lumi Nova in Oxleas

Since launching the [self-sign up](#) pathway earlier this year, **over 250 families across 30 schools** have accessed Lumi Nova in Greenwich and Bexley! A [big thank you](#) to those who have promoted the offer in your school and signposted families.

Who? The accessibility and inclusivity of Lumi Nova mean young people who may not use other services are able to find the support they need.

- 55% of [sign ups](#) are maleS
- Nearly 30% of users are from ethnic minority backgrounds
- 12% report themselves as having a disability

What?

The goals families select provides amazing insight into the worries impacting young people in Greenwich and Bexley

So what?

Parents are asked to complete weekly surveys to help us understand the impact of Lumi Nova (CORs)

- Average improvement of 2.70
- 85% of families reported of parents reported a reliable improvement / non deterioration

Top 5 Goals Selected	%
Be ok with making a mistake on school work	16.32%
Feel comfortable going to school	11.00%
Feel comfortable visiting a busy or crowded place	10.14%
Be comfortable speaking in front of a group	9.45%
Be able to sleep on their own	9.28%

Families who have used Lumi Nova have shared:

"The game made it much easier to talk generally about things she was worried about - especially things related to school." - Parent in Gloucestershire

"Less anxiety around new people." - Parent in Hertfordshire

"Seems more confident generally and more willing to do things they just wouldn't do before. Able to talk about why they feel worried too." - Parent in Sunderland

"He's more willing to talk and show vulnerabilities." - Parent in London



What can you do to help?

Did you know Lumi Nova can support your Whole School Approach by helping students build confidence and learn lifelong skills to manage their worries?

There are lots of ways to learn more and embed Lumi Nova into your school's wellbeing offer:

Spread the Word: Check out the [Lumi Nova Resource Kit](#) for resources to support you to share Lumi Nova with other professionals and families.

Stay connected: Subscribe to the [Lumi Nova Newsletter](#) and follow us on [Facebook](#) and [Twitter](#) for new resources and updates.

Learn More: Join a [Lumi Nova Discovery](#) for professionals to learn more about the offer.



APPLYING FOR SCHOOL

The application deadline of **Wednesday 15th January** is fast approaching for you to apply for a **school place in Reception for September 2025**

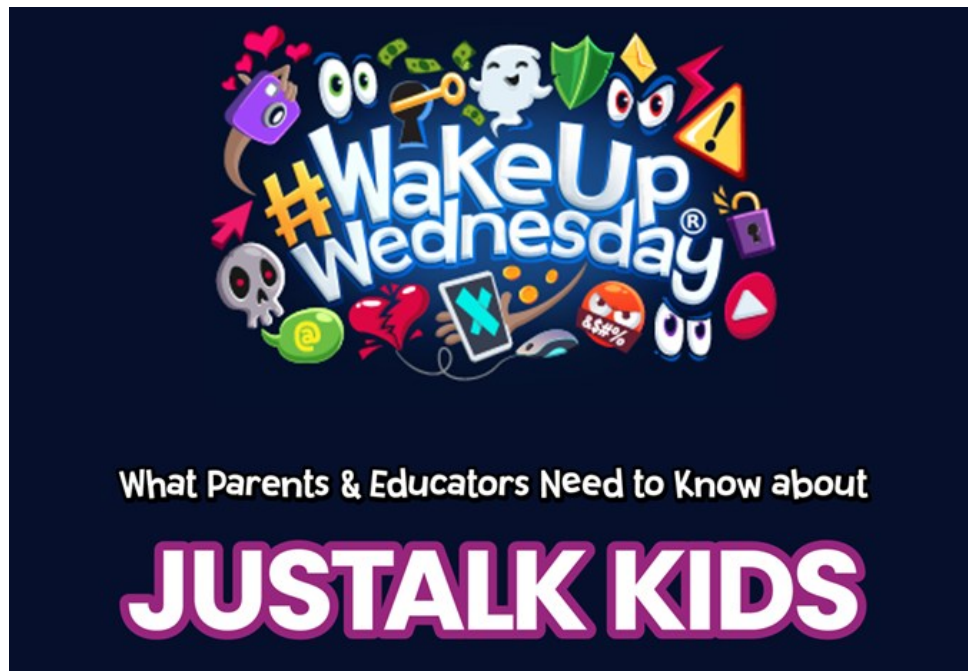
Apply online at <https://www.bexley.gov.uk/services/schools-and-education/primary-schools/starting-primary-school>

If you would like to speak to a member of the school leadership

team please email

pelhamadmin@illuminateminds.org





These posters are attached in the ParentMail with this week's Newsletter