

# Pelham Primary School

Newsletter Friday 17th January 2025



Dear Parents / Carers,

It has been another fabulous week at Pelham with attendance remaining high and wonderful learning opportunities taking place across the whole school. I have the pleasure of visiting lessons and witnessing learning from Nursery to Year 6 on a daily basis, speaking to the children and listening to their experiences.

## Reminder: Morning snacks

I would like to remind you that we are a nut free school. Children who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction. If someone has a nut allergy it is not just eating nuts that can cause a severe reaction, just being touched on the skin or smelling the breath of someone who has had nuts or a product containing nuts can trigger anaphylactic shock (which can cause breathing and swallowing difficulties).

First aid staff in the school are trained to use the Epi-pens (an injection of adrenalin) which is required immediately if this happens. We cannot have nuts in school in any form, so please do not send nut products in for snacks or lunchtimes. I'd also like to remind you that we are a 'Healthy School' and only encourage healthy snacks to be sent in for morning breaks. Children in Early Years and Key Stage 1 are provided with fruit (free of charge).

## Kindness Champions

Miss Robinson led a school assembly launching our new Kindness Champions initiative to the children. Children from Years 1-6 will have to opportunity to speak to the class detailing why they would like to be a kindness champion and the class will then cast a vote. Those children selected to be Kindness Champions will play a pivotal role within the school. We will announce our new Kindness Champions on next week's newsletter.


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 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—Dragonflies Transport Museum	
Monday 27th January 2025	Tuesday 28th January 2025	Wednesday 29th January 2025	Thursday 30th January 2025	Friday 31st January 2025
				Year 1—Butterflies Transport Museum

## Attendance % & Number of Children Late

For w/e: 17/01/25



Caterpillars	87.6%	0
Bumblebees	95.3%	4
Ladybirds	90.5%	2
<b>Butterflies</b>	<b>98.3%</b>	3
Dragonflies	97.3%	2
Kangaroos	94.4%	0
Koalas	95.9%	0
Penguins	95.3%	3
Polar Bears	96.0%	1
Flamingos	95.8%	2
Pelicans	91.9%	1
Giraffes	95.9%	6
<b>Zebra</b>	<b>96.5%</b>	4
Parakeets	96.3%	1
Starlings	95.3%	4

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

# Menu

# WEEKLY MENUS

**NOURISH**  
 NOVEMBER 2024  
 TO MARCH 2025

**WEEK ONE**

- 4TH NOVEMBER
- 2ND DECEMBER
- 6TH JANUARY
- 3RD FEBRUARY
- 10TH MARCH

**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

**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

**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

**THURSDAY**

- Chicken Arabiatha 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

**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

**WEEK TWO**

- 11TH NOVEMBER
- 9TH DECEMBER
- 13TH JANUARY
- 10TH FEBRUARY
- 17TH MARCH

- 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

- 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

- 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

- 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

- 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

**WEEK THREE**

- 18TH NOVEMBER
- 16TH DECEMBER
- 20TH JANUARY
- 24TH FEBRUARY
- 24TH MARCH

- 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

- 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

- 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

- 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

- 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

**WEEK FOUR**

- 25TH NOVEMBER
- 30TH DECEMBER
- 27TH JANUARY
- 3RD MARCH
- 31ST MARCH

- 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

- 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

- 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

- 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

- 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

**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 celestiac. 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 Celenaec/Calery 13 Nuts 14 Lupins 15 Oat Gluten 16 Bailey Gluten



**EAT YOUR VEGGIES!**

NON-PORK  
3 OPTIONS

# Information/Reminders



## What Parents & Educators Need to Know about

# JUSTALK KIDS

### What Parents & Educators Need to Know about

# SNAPCHAT

**13+**

97 DAYS

WHAT ARE THE RISKS?

**ARTIFICIAL INTELLIGENCE**

**SCREEN TIME ADDICTION**

**PREDATORS AND SCAMS**

**MY EYES ONLY**

**INAPPROPRIATE CONTENT**

**ONLINE PRESSURES**

**ADVICE FOR PARENTS & EDUCATORS**

**UTILISE PARENTAL CONTROLS**

**FAMILIARISE YOURSELF**

**BLOCK AND REPORT**

**ENCOURAGE OPEN DISCUSSIONS**

**Meet Our Expert**

**Wake Up Wednesday**

**The National College**

### What Parents & Educators Need to Know about

# TIKTOK

**13+**

WHAT ARE THE RISKS?

**AGE-INAPPROPRIATE CONTENT**

**CONTACT WITH STRANGERS**

**BOY IMAGE AND DANGEROUS CHALLENGES**

**MISINFORMATION AND RADICALISATION**

**IN-APP SPENDING**

**ADDICTIVE DESIGN**

**ADVICE FOR PARENTS & EDUCATORS**

**ENABLE FAMILY PAIRING**

**BLOCK IN-APP SPENDING**

**DISCUSS THE DANGERS**

**READ THE SIGNS**

**Meet Our Expert**

**Wake Up Wednesday**

**The National College**

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

## APPLYING FOR NURSERY

Children born between 1 September 2021 and 31 August 2022 will be due to start in Nursery in September 2025.

Closing date is **Sunday 6th April 2025**

Apply online at

<https://www.bexley.gov.uk/services/schools-and-education/nursery-schools/starting-nursery>

(26 AM & 26 PM places will be available for 15 and 30 hours )



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

team please email

[pelhamadmin@illuminateminds.org](mailto:pelhamadmin@illuminateminds.org)

