

# Pelham Primary School

Newsletter Friday 24th January 2025



Dear Parents/Carers,

Wow! What a fantastic week at Pelham- I am amazed each and every day by the resilience and determination all of our pupils show.

## Young Voices

The children in our school choir enjoyed a wonderful day of rehearsals and an evening performance of 'Young Voices' on Monday evening this week. It was a magical experience and the benefits for the children were considerable. I had to wait until the 'Marley Megamix' to show my true knowledge of the songs, but the children had learnt numerous songs from different genres. Whilst not only singing, they enjoyed performances by well-established acts including Mc Grammar and Urban Strides dance. Thank you to all the staff who gave up their day and evening for the children.

## Kindness Champions

All classes from Years 1-Year 6 took part in a vote to choose who their class kindness champion was. We are thrilled to announce our new Kindness Champions later on this newsletter. The Kindness Champions will be helping at play and lunch to ensure all children are safe, included and having lots of fun.

## Attendance

This week has been another fabulous week in terms of attendance. We are pleased that overall attendance is closer than ever to our target. With your continuing support we believe that this remains achievable and we will continue to provide your children with outstanding educational opportunities every day. Some children are missing out on part of their education by arriving late to school. The gates are open from 8:40am. Please make sure your child arrives before 8.50am when the gates close. We are monitoring punctuality very closely and may contact you if we have a concern.

Best wishes,

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

Mr Robison  
Executive Head Teacher/ Director of Standards



We Dream Big

# Dates for your Diary



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
Monday 3rd February 2025	Tuesday 4th February 2025	Wednesday 5th February 2025	Thursday 6th February 2025	Friday 7th February 2025
				Year R — Bumblebees Postal Museum

## Attendance % & Number of Children Late

For w/e: 24/01/25



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

Caterpillars	85.0%	2
Bumblebees	99.5%	1
Ladybirds	91.0%	2
Butterflies	91.7%	3
Dragonflies	95.9%	2
Kangaroos	96.3%	3
Koalas	96.6%	2
Penguins	96.0%	4
Polar Bears	94.0%	2
Flamingos	95.3%	4
Pelicans	95.4%	5
Giraffes	84.8%	5
Zebra	94.8%	1
Parakeets	94.3%	3
Starlings	93.0%	3

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

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

Roast Chicken & Gravy  
Vegan Sausage Roll 1VG  
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 1VG  
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 1VG & Custard 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

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

Sausages 1,6  
Quorn Sausage 1VG  
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 1VG  
Yoghurt 3,7, Fruit Pots VG

Savoury Mince & Yorkshire Puddings 1,7,9  
Samosa Puff 1VG  
Jackets with a Choice of Toppings 7,8,9  
Rustic Roast Potatoes, Cabbage, Peas  
Fruit Jelly VG  
Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

Cheese & Onion Pinwheel 1,7, V  
Spaghetti Vegetable Bolognese 1VG  
Jackets with a Choice of Toppings 7,8,9  
New Potatoes, Green Beans, Carrots  
Syrup Sponge 1VG & Custard 7  
Mr Nourish Biscuit 1VG  
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 1VG  
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 1VG  
Mr Nourish Biscuit 1VG  
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 1VG  
Yoghurt 3,7, Fruit Pots VG

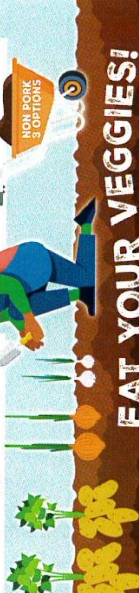
Chicken Curry  
Tomato Spaghetti 1VG  
Jackets with a Choice of Toppings 7,8,9  
Rice, Seasonal Vegetables  
Banana Loaf 1VG & Chocolate Custard 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

Margherita Pizza 1,3,7,9, V  
Meatfree Meatballs in Tomato Sauce VG  
Jackets with a Choice of Toppings 7,8,9  
Rainbow Pasta 1VG, Sweetcorn, Peppers  
Strawberry Mousse 7  
Mr Nourish Biscuit 1VG  
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 Celenaic/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Bailey Gluten

A **Herhygen**  
Accreditation



# Information / Reminders



## What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported criticisms. This guide outlines some of these concerns and explains how to use fitness apps safely.

**WHAT ARE THE RISKS?**

- LACK OF PERSONALISATION**  
Many fitness apps use the user's age and weight to estimate their calorie needs. However, they will have different physical needs to a child of the same age and weight. This means that the app may not be personalised enough to meet the user's needs.
- NOT DEVELOPED BY EXPERTS**  
Many fitness and wellbeing apps are developed by people who are not experts in the field. This means that the app may not be based on the latest research or best practice.
- REDUCED INTERACTION WITH OTHERS**  
Physical wellbeing apps can reduce the social and emotional support that comes from talking to others about their health. This can be particularly true for children who are using the app on their own.
- DATA AND PRIVACY CONCERNS**  
Physical wellbeing apps often collect a lot of personal data from their users. This data is often shared with third parties, and it is not always clear how this data is used. This can be a concern for parents and educators.
- ADDITIONAL COSTS**  
While many fitness apps are free to download, they often have additional costs. These can include in-app purchases for extra features, or subscription fees for access to premium content.
- DEPENDENCY ON THE APP**  
While physical wellbeing apps can help, they are not a substitute for a healthy lifestyle. It is important to use the app as a tool to support good habits, rather than as a crutch.

### Advice for Parents & Educators

- EXERCISE AND SOCIALISE**  
Encourage your children to be active and socialise. This can be done by encouraging them to use the app with friends or family. This can help to make the app more fun and engaging.
- PROMOTE POSITIVE BODY IMAGE**  
Make sure your children are active and healthy, but also about their body. It is important to encourage them to focus on their health and wellbeing, rather than on their appearance. This can help to promote a positive body image.
- MEET OUR EXPERT**  
Dr Claire Sutherland is an online safety consultant, education and research officer and a parent. She has been involved in a number of projects and has written a number of books. She is also a regular speaker at conferences and events.

**WakeUp Wednesday** | The National College

Source: See full website for full guide page: <https://www.thenationalcollege.com/guides/health-and-wellbeing/fitness-apps>

#wakeup\_weds @wakeup\_weds | www.thenationalcollege | @wakeup.wednesday | #wakeup.weds

Items of this guide are not their own creation. All liability is retained by us. Content as of the date of release: 20.03.2023

## MEET OUR... KINDNESS CHAMPIONS



RIYA, POPPY G, LILY, ALICE, LORIK, WILLOW, ALEXIS, AMBER, POPPY W, ADVIK, NIVAN & JEREMIAH!

## WakeUp Wednesday

### What Parents & Educators Need to Know about JUSTALK KIDS

This poster is attached in the ParentMail with this week's Newsletter



Pelham Primary School

Nursery 2025

Tour Dates



Is your child due to start  
Nursery in 2025?

Come and visit our **engaging, friendly and inclusive** Nursery. Speak to our staff and children, view our amazing learning environments and have a tour of our extensive outside space.

### Tours

Tuesday 28th January  
9.30am

Thursday 27th February  
2.30pm

Wednesday 12th March  
5pm

Wednesday 2nd March  
9.30am

**BOOK YOURS NOW**

For more information or to book a place please contact:  
[pelhamadmin@illuminateminds.org](mailto:pelhamadmin@illuminateminds.org)

**0208 303 6556**

## 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)

