



Perryfields Junior School

The Friday Flyer

Week 16 – January 2024

Headteacher's Message

Firstly, I have been absolutely overwhelmed by the number of children who have been to see me with their work this week. The Nando's homework has been particularly inspiring and I have also bestowed awards to all of Walliams and Cowell English sets for their excellent writing. It has been a pleasure to share examples of effort, creativity, determination to succeed and excellence. A brilliant start to 2024 Perryfields!

Also, very well done to our Athletics team who competed with lots of perseverance and team spirit in an inter school competition at Chelmsford Athletics stadium this week. Against tough competition, they were placed 5th overall.

I was delighted to award a Random Act of Kindness award to Isabelle (Morpurgo Class) in Celebration Assembly this week. Isabelle has shown exceptional good will to others and I am so pleased that her kindness has been acknowledged by the whole school.

This week we also say a fond farewell to Mr Jones, our Sports Coach, who is leaving us to pursue a new career outside of teaching. We cannot thank Mr Jones enough for all his hard work in our sports department and we wish him every success for the future.

You may have noticed that although we haven't had any patches of snow, it's beginning to look a tad frosty on our playground. We are gritting the surface, but could you please also ensure that your children are wearing safe, sturdy shoes to school to avoid slipping and a warm school coat as temperatures have definitely dipped this week and the wind can be quite icy!

I hope you all have a lovely weekend

Jane Hasler

Pupil of the Week

Cowell: Zuhaira
Seuss: Mason
Walliams: Matilda
Lewis: Alice
Dahl: Reyansh
Rowling: Cassia
Tolkien: Kashvi
Morpurgo: William
Pullman: Amelia

Award for
Outstanding Manners
Olivia – Lewis Class
Abigail – Tolkien Class

PE Award
Edson – Rowling Class

Spelling Award
Lewis Class

Random Act of Kindness Award
Isabelle – Morpurgo Class

Coming Up This Term

Tuesday 23 rd January	Book Look – please join us from 3.30pm – email sent 4/1/24
Monday 5 th February	Year 4 Superstars Trip – email sent 8/1/24
Thursday 8 th February	MOVIE NIGHT – email sent 18/1/24. Places are limited, please book through ScoPay
Monday 12 th February	Year 4 Colchester Castle Trip – email sent 18/1/24
Thursday 15 th February	Year 3 Life in Ancient Egypt Workshop – email sent 5/1/24
Friday 16 th February	Year 5 Tudors Enterprise Day – parents are invited to join us from 9.15am - 9.45am. Email sent 19/1/24
Friday 16 th February	Final Amount due for Stubbers Trip – Year 6 Residential
Friday 1 st March	Year 3 Enterprise Day – Stone Age – details to follow
Monday 4 th March	Year 5 Life in Tudor England Workshop – email sent 11/1/24
Thursday 7 th March	World Book Day – details to follow
Thursday 14 th March	Science Fayre – details to follow






Reminders/Notices

Parking – Once again, we are having to ask parents not to park in front of the school gates at any time. This can cause problems for both incoming and outgoing traffic and is particularly dangerous at peak times.

Winter PE Kits – Please make sure your child has a tracksuit/appropriate clothing for outdoor pe lessons during the colder weather.

Please see our amended dinner menu below.

Please note that we can also provide a packed lunch if your child would prefer this. This will be either the baguette, wrap or soft roll and also includes a drink, fruit, cucumber sticks and the dessert of the day.

Week: One					
					
Meat	Homemade Pizza Wheel	Bolognese (contains Beef)	Chicken Pie	Pork Sausage	Omega 3 Fish Fingers
Vegetarian	Homemade Cheese & Onion Rolls	Quorn Bolognese	Quorn 'chicken' pie	Vegetarian Sausage	Homemade savoury Cheese muffins
Gluten Free	Gluten Free Pizza Wheel	As above	Gluten Free Chicken Gravy Pie	Gluten Free Wrap (Tuna, Cheese or Ham)	Gluten Free Fish Fingers
Jacket Potato	Tuna/Cheese	Tuna/Beans	Baked Beans/Cheese	Tuna/Cheese	Tuna/Cheese/Beans
Side Dish	Coleslaw Baked Beans	Pasta Garlic Bread	Sweetcorn Gravy	Hashbrown Baked Beans	Chips Baked Beans
Vegetables	Sweetcorn Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Packed Lunch	Wrap (Tuna, Cheese or Ham)	Baguette (Tuna, Cheese or Ham)	Soft Roll (Tuna, Cheese or Ham)	Baguette (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)
Dessert	Fresh Fruit Yoghurt	Sponge Cake & Chocolate Custard	Oat Cookie	Fresh Fruit Yoghurt	Flapjack
Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

Public Health
County Hall
Chelmsford
CM1 1QH



Date: 19th January 2024

Dear Parent / Guardian

re: Measles

Cases of measles are increasing in England currently. If your child has not been fully vaccinated with the MMR vaccine it is a good time to get this done to protect them. This can be arranged through the child's GP practice. You can check your child is up to date with their MMR vaccinations by looking at their personal health record (Red Book) or by asking their GP.

The early symptoms of measles can look like other illnesses: runny nose; cough; conjunctivitis. The child may also have a high fever. The distinctive rash of measles begins around day 3 of the illness, a rash of flat red or brown blotches appear, beginning on the face, behind the ears and spreading over the body.

Any child thought to have measles should not be sent to school. Where possible NHS 111 or the GP should be phoned for advice, rather than visiting the surgery or A&E. This is to avoid passing the infection on to others. Further details about measles can be found at <https://www.nhs.uk/conditions/measles/>.

Yours faithfully

A handwritten signature in black ink that reads "Danny Showell".

Danny Showell
Public Health Consultant

Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your own device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At my account.sony.com, create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

XBOX

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password protected, so your child can't alter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family Settings.

NINTENDO SWITCH

Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can limit how long your child can play each day, decide what age ratings are permitted and more. You'll also get weekly updates on how often they've used the device. These controls are accessible through the console itself, but the app is usually easier.

WINDOWS 11 PCs

On Windows 11, account management is key. Set up the device with your own account as the admin. Then go to Settings > Accounts > Family and Other Users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the site) then lets you control screen time, what content children can view and more.

CHROMEBOOKS

Chromebooks' parental controls are managed via the Family Link app. Unlike an Android device, however, you need set up the Chromebook with your own account first, then add your child's. Go to Settings > People > Add Person and input your child's Google account details (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

MACS

Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up as the administrator before adding any child accounts. In the settings, look for Users & Groups to create your child's account, then – while on their profile – use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).

SMART TVS

Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on their TVs, you can control the content available to your child. In the Settings menu, under 'Broadcasting', you can lock channels and restrict content by its age rating. Even this isn't foolproof, however: some apps (like YouTube) might still let children access unsuitable material.

Meet Our Expert

Berry Collins is a technology journalist and author with more than 20 years' experience of writing for titles such as the Sunday Times, Which?, PC Pro and Computeractive. He's appeared regularly as a tech pundit on television and radio, including on BBC's Newsnight, Watchdog Live and the ITV News at Ten. He has two children and writes regularly on the subject of internet safety.



The
National
College

NOS
National
Online
Safety
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.12.2023