



# Perryfields Junior School

## *The Friday Flyer*

Week 18 – February 2024

### Headteacher's Message

Firstly, congratulations to all those children who competed in last Friday's Maths Bee competition. Our lower school maths bee competitors kicked off the day and what a close competition it was! The audience were really supportive and also contributed to the overall scores by earning audience participation bonus points. Our upper school children also competed resiliently during the 10 rounds and many of them made it through to the ultimate final - we've never had so many winners! A huge well done to everyone who took part - including in the first and second round that was held in class. Well done everyone!

We are already half way through the Spring term and I am delighted with the quality of work the children are producing (in all year groups) and the progress they have made. Year 6 showed great perseverance and determination last week during their assessments and the progress they have made since September is testament to how hard they have been working - well done!

Also, I was really thrilled to present our coveted Random act of Kindness Award to Reggie in our Celebration assembly. Reggie was spotted independently helping a child who was upset in the hall. Thank you, Reggie.

Please can I remind parents that we can never authorise extended leave. In exceptional circumstances, we may be able to authorise one or two days but visiting family abroad to attend family celebrations is not considered to be exceptional and should be planned during the school holidays. Thank you for your support with this.

I hope you all have a lovely weekend.

Jane Hasler

### Pupil of the Week

Cowell: Summer  
Seuss: Theo  
Walliams: Neve  
Lewis: Areebah  
Dahl: Samuel  
Rowling: Charlotte  
Tolkien: Ibrahim  
Morpurgo: Thomas  
Pullman: Francesca

*Mrs Siddall's Attendance Award*  
*Seuss Class – 95.1%*

Award for  
Outstanding Manners  
*Rubab – Morpurgo Class*  
*Callum – Lewis Class*

PE Award  
*Leo – Lewis Class*

Spelling Award  
*Dahl Class*

Random Act of Kindness Award  
*Reggie – Seuss Class*

## ATTENDANCE

The national expectation for attendance is 96%. The government has clarified the position regarding the term 'regular' attendance. It means children must be in school EVERY DAY. Every second counts at Perryfields. We must work together to improve attendance and punctuality even more.

Year 3	93.9%
Year 4	94.6%
Year 5	89.9%
Year 6	88.5%



### **Coming Up This Term**

Monday 5 <sup>th</sup> February	Year 4 Superstars Trip – email sent 8/1/24
Thursday 8 <sup>th</sup> February	Special Chinese New Year Lunch – email sent 29/1/24
Thursday 8 <sup>th</sup> February	MOVIE NIGHT – email sent 18/1/24. Places are limited, please book through ScoPay
Monday 12 <sup>th</sup> February	Year 4 Colchester Castle Trip – email sent 18/1/24
Thursday 15 <sup>th</sup> February	Year 3 Life in Ancient Egypt Workshop – volunteers needed email sent 5/1/24
Friday 16 <sup>th</sup> February	Year 5 Tudors Enterprise Day – parents are invited to join us from 9.15am - 9.45am. Email sent 19/1/24
Friday 16 <sup>th</sup> February	<b>Final Amount due for Stubbers Trip – Year 6 Residential</b>
Friday 1 <sup>st</sup> March	Year 4 Romans Enterprise Day – parents are invited to join us from 9.15am - 9.45am. Email sent 25/1/24
Monday 4 <sup>th</sup> March	Year 5 Life in Tudor England Workshop – volunteers needed email sent 11/1/24
Thursday 7 <sup>th</sup> March	World Book Day – email sent 30/1/24
Thursday 14 <sup>th</sup> March	Science Fayre – details to follow
Friday 22 <sup>nd</sup> March	School Sports Clubs finish – please contact outside providers for end dates
Monday 25 <sup>th</sup> March	SATS Talk to parents – details to follow
Tuesday 26 <sup>th</sup> March	Parents Evening – details to follow
Wednesday 27 <sup>th</sup> March	Parents Evening – details to follow
Thursday 28 <sup>th</sup> March	Last day of term – School finishes at 1.30pm

## 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.

## *Menu* Autumn Term *starting w/c 30/10/23*

Week: One

						
Main course	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

# King Edward VI Grammar School

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Website: [www.kegs.org.uk](http://www.kegs.org.uk)

Headteacher: Mr T P Carter MA MBA NPQH



January 2024

Dear Parents/Carers,

## Prospective Student Tours – Spring Term 2024

We are pleased to let you know that we are holding a series of open day events at KEGS in late February/early March for Year 5 boys, together with ONE parent or carer. These are for boys who are interested in a place at KEGS, and who will be starting secondary school in September 2025.

The sessions are:

**Thursday 29 February – 09:20 or 09:50**

**Friday 1 March – 13:35 or 14:00**

**Monday 4 March – 13:35 or 14:00**

**Tuesday 5 March – 09:20 or 09:50**

**Thursday 7 March – 09:20 or 09:50**

**Friday 8 March – 13:35 or 14:00**

The event will include a presentation from myself, and from some of our Year 8 students, followed by a short question and answer session. There will also be a tour of the school with one of our staff tour guides. Entry is by booking only and please follow this [link](#) to reserve your place.

As places are limited you will understand that we are restricting bookings to one child and one adult ONLY, and we can only accept one booking per family.

Tours will be partly outside so please dress for the weather. Please arrive promptly as sessions will start on time and allow one and a half hours for your visit.

Full details of our Admissions Policy can be found on our [website](#).

Thank you very much for your interest in our school and we look forward to meeting you.

Kind regards

**Tom Carter**  
Headteacher



**8<sup>TH</sup> FEBRUARY  
2024**

**3.15PM – 5.30PM**

**FOR ONE NIGHT ONLY, FIPS  
PRESENTS...**

**‘FINDING  
NEMO’**

**PLEASE NOTE THAT THERE IS  
LIMITED SPACE AVAILABLE**

**Tickets in  
advance from the  
school office.**

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**A real movie  
experience for the  
children!**

**Popcorn and a  
drink and in the  
interval - all  
included in the  
ticket price of just**

**£4.50**

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**Book your ticket  
today!!!!**

**After his son gets  
abducted from the Great  
Barrier Reef and is  
dispatched to Sydney,  
Marlin, a meek clownfish,  
enlists the help of a  
forgetful fish and embarks  
on a journey to bring him  
home.**

# Caring for children with COUGHS

This poster contains information about how to look after a child who has a cough (not due to asthma). For more detail see [www.bristol.ac.uk/child-cough](http://www.bristol.ac.uk/child-cough)



## COUGH

Coughs can last for 3-4 weeks and make your child feel quite unwell but will still get better by themselves.

'Noisy chests' or 'chesty coughs' are quite common when young children catch a cold and are not necessarily a sign of a 'chest infection'.

Healthy children typically get a cough 7-10 times a year and this is not a sign that there is anything wrong with their immune system.

## DISTURBED SLEEP

Coughs will often wake your child in the night. When the child lies down, more of the mucus from the nose and throat runs downwards and your child coughs more to clear it.

Coughing is part of the body's defence system which helps keep the lungs clear and fight the illness. Unfortunately this can wake the child in the night but does not mean the illness is more severe.

**For children over 1 year**, a spoon of honey (perhaps in a warm drink) half an hour before bed may help them to wake less often.

**For children over 2 years**, vapour rubs (containing camphor, menthol and/or eucalyptus) may help children sleep better.



## FEVER/HIGH TEMPERATURE

In children, a temperature of over 37.5°C is considered a fever.

Fever is a normal response to illness and does not harm children. It may even help to fight illness.

Children with a high temperature may be more likely to have a more severe illness, although most do not. Occasionally a child may have a fit. This shouldn't cause harm and treating the fever doesn't prevent it.

It is safe to use child paracetamol and ibuprofen to manage children's fever (and pain) for as long as needed. Follow the dosage on the bottle.

## DRINKING/EATING LESS

Children often eat and drink less when they have normal childhood illnesses. Most children can go a few days without eating much and this will not affect their longer term growth and development.

**All children need to drink regularly to avoid becoming dehydrated, especially if they are vomiting.**

To help prevent dehydration, encourage your child to have sips of water.



## WHEN TO SEE THE DOCTOR

Arrange to see or speak to your doctor today if any of the following occur:

### RAPID OR DIFFICULT BREATHING (DEPENDENT ON AGE):

AGE OF CHILD	BREATHING RATE
Babies under 6 months	over 60 breaths per minute
Babies 6-12 months	over 50 breaths per minute
Children over 1 year	over 40 breaths per minute
Any age	Being short of breath (as if your child has been running) or is 'working hard' to breathe when resting
Any age	Skin between and below the ribs gets sucked in each time your child takes a breath

### HIGH OR PERSISTENT FEVER (DEPENDENT ON AGE OF CHILD):

AGE OF CHILD	TEMPERATURE
Babies under 3 months	38°C or more
Babies 3-6 months	39°C or more
Children over 6 months	over 37.5°C for more than 5 days
If your child has a fever fit, call 999 or take them to A&E.	

### VOMITING (DEPENDENT ON AGE):

AGE OF CHILD	SYMPTOMS
Babies under 3 months	Vomiting + fever of 38°C or above
Babies 3-6 months	Vomiting + fever of 39°C or above
Children over 6 months	Vomiting + fever + extremely drowsy or listless
Any age	Severe vomiting (child not able to hold down fluids for 8 hours or showing signs of dehydration)
Any age	Persistent vomiting (more than 2 days)

### SKIN PALER THAN USUAL

If your child appears much paler than usual; hands and feet are very cold while their body is warm. If skin, lips or tongue appear blue, call 999.

### PAIN

Pain in the chest (not when coughing) combined with fever and rapid breathing.

### HARD TO WAKE / UNRESPONSIVE

Cannot be woken or wakes only slightly and then immediately goes back to sleep.

If your child wakes only with lots of stimulation, or is much less responsive to social stimulation (smiles and talking) than usual.

### NOT FEEDING

**Babies under 1 year:** if your child stops feeding entirely.





Most pharmacies can help you  
with **seven common conditions**  
without needing a GP appointment

- **Sinusitis**  
(adults and children aged 12 years and over)
- **Sore throat**  
(adults and children aged 5 years and over)
- **Earache**  
(children and young adults aged 1 year to 17 years)
- **Infected insect bite**  
(adults and children aged 1 year and over)
- **Impetigo**  
(adults and children aged 1 year and over)
- **Shingles**  
(adults aged 18 years and over)
- **Urinary tract infection**  
(women, aged 16 to 64 years)



Ask your pharmacy for more  
information about this  
free\* NHS service

**Visit your  
Pharmacy First!**

\*NHS prescription charge rules apply where a medicine is supplied

# 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 editor with more than 20 years' experience of working for titles such as the Sunday Times, What? PC Pro and Computerworld. He's appeared regularly as a semi-pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and writes regularly on the subject of internet safety.



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#WakeUpWednesday

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