# **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 <u>EVERY DAY</u>. Every second counts at Perryfields. We <u>must</u> 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	Final Amount due for Stubbers Trip – Year 6 Residential
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

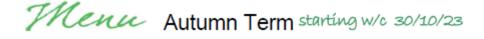
# **Reminders/Notices**

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.



		Week: One				
		Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Meat	Homemade Pizza Wheel	Bolognese (contains Beef)	Chicken Pie	Pork Sausage	Omega 3 Fish Fingers
	Vegetarian	Homemade Cheese & Onion Rolls	Quorn Bolognese	Quom '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	Sweetcom Gravy	Hashbrown Baked Beans	Chips Baked Beans
	Vegetables	Sweetcom Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	cked 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

Broomfield Road, Chelmsford, Essex, CM1 3SX

Tel: (01245) 353510 E-mail: office@kegs.org.uk Website: 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 <u>link</u> 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

T.P. Carter.

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.

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

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





## COUGH

Coughs can last for 3-4 weeks and make your child feel guite 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

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.

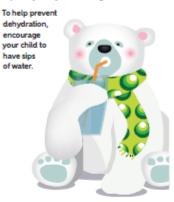
Children with a high temperature may be more likely to have a more severe illness, although most do not. Occasionally a child may have a fit. This shouldn't cause harm and treating the fever doesn't prevent it.

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/FATING 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.



# WHEN TO SEE THE DOCTOR Arrange to see or speak to your doctor today if any of the following occur:

# RAPID OR DIFFICULT BREATHING (DEPENDING ON AGE):

AGE OF CHILD	BREATHING RATE
Bables under 6 months	over 60 breaths per minute
Bables 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 (DEPENDING ON AGE OF CHILD):

AGE OF CHILD	TEMPERATURE
Bables under 3 months	38°C or more
Bables 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,	

# VOMITING (DEPENDING ON AGE):

AGEOFCHILD	SYMPTOMS
Bables under 3 months	Vomiting + fever of 38°C or above
Bables 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 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)

# NOT FEEDING

Babies under 1 year: If your child stops feeding entirely.



CUrrensty of Bristol



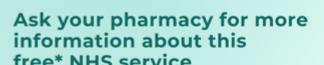
Most pharmacies can help you with seven common conditions without needing a GP appointment



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)



# Visit your Pharmacy First!

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











# Top Tips for

# **IG UP PARENTA**

INCORRECT PARENT CODE

# **IPHONE**

# **ANDROID**

# PLAYSTATION

# **IPAD**

# **XBOX**

# NINTENDO SWITCH

# WINDOWS 11 PCS

# CHROMEBOOKS

# MACS

# SMART TVS

# Meet Our Expert











