



Perryfields Junior School

The Friday Flyer

Week 19 – February 2024

Headteacher's Message

We've been busy...

Firstly, very well done to our Year 4 athletes who competed in the Annual Inter-School Superstars competition at Chelmsford Athletic Stadium on Monday - all our competitors showed lots of perseverance, determination, encouragement and great teamwork and ultimately achieved 3rd place overall. This is a brilliant result! Special mentions must go to Robyn and Freya who secured 1st and 3rd places out of all the girls. Wow!

We have also enjoyed two Safer Internet afternoons in school this week where the children have learnt even more about how to stay safe on line, whether this be whilst browsing the web, engaging in chats or playing games. The feedback from both afternoons has been really positive and will undoubtedly enhance the children's knowledge and vigilance around staying safe online. Thank you, Miss Kingston, for your exceptionally informative assembly which was a great platform for our immersion into e-safety!

It was lovely to welcome school governors into school this week to monitor our work towards one of our school improvement priorities. The governors were based in Year 3 and were so impressed with how engaged the children were with their learning and how hard they were working. Super!

On Thursday, we were once again very lucky to be treated to a Movie Night by our kind and generous FIPs team. The audience loved, 'Saving Nemo' and apart from having a great time, we managed to raise £350. Thank you FIPs!

I was also delighted to present two Random Act of Kindness Awards to Rio G and Max in Year 6 this week. Both boys showed immense kindness and patience when playing with a Year 3 child who was feeling lonely. I am so pleased that this act of kindness did not go unnoticed.

I hope you all have a lovely weekend.

Jane Hasler

Pupil of the Week

Cowell: Isabella
Seuss: Olivia O
Walliams: Florence
Lewis: Nicole
Dahl: Teddy
Rowling: Daniel
Tolkien: Alex
Morpurgo: Yara
Pullman: Jack

Mrs Siddall's Attendance Award
Seuss Class – 96.08%

Award for
Outstanding Manners
Logan – Rowling Class
Mikaela – Morpurgo Class

PE Award
Dexter - Rowling

Spelling Award
Dahl Class

Random Act of Kindness Award
Max – Tolkien Class
Rio G – Morpurgo 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	94.6%
Year 4	94.3%
Year 5	95.7%
Year 6	91.5%



Coming Up This Term

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 – volunteers needed 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 16th February	Final Amount due for Stubbers Trip – Year 6 Residential 2024
Friday 1 st March	Year 4 Romans Enterprise Day – parents are invited to join us from 9.15am - 9.45am. Email sent 25/1/24
Monday 4 th March	Year 5 Life in Tudor England Workshop – volunteers needed email sent 11/1/24
Thursday 7 th March	World Book Day – email sent 30/1/24
Thursday 14 th March	Science Fayre – details to follow
Friday 15 th March	Popup Book Store – email sent 9/2/24
Friday 22 nd March	School Sports Clubs finish – please contact outside providers for end dates
Monday 25 th March	SATS Talk to parents – email sent 9/2/24
Tuesday 26 th March	Parents Evening – details to follow
Wednesday 27 th March	Parents Evening – details to follow
Thursday 28 th March	Last day of term – School finishes at 1.30pm

Reminders/Notices

Permission for School Events/Trips – If asked, please make sure to give your child permission to attend school events and trips through your ScoPay account. Please let the school office know if they are not taking part. Thank you.

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 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: Two				
		Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Meat	Fishwich	Sticky Chicken Fillet	Pork Sausage with mashed potato	Macaroni & Cheese	Chicken Chunks
	Vegetarian	Spicy Bean Burger	Quorn Fillet	Quorn Shepherds pie	Macaroni & Cheese	Cheese Pinwheel
	Gluten Free	Gluten Free Wrap (Tuna, Cheese or Ham)	As Above	As Above	Gluten Free Macaroni & Cheese	Gluten Free Chicken Nuggets
	Jacket Potato	Baked Beans/Cheese	Baked Beans/Tuna	Tuna/Cheese	Tuna/Cheese	Baked Beans, Cheese or Tuna Mayo
	Side Dish	Potato Wedges	Crispy Cubed Potatoes and Baked Beans	Gravy	Crusty Bread	Chips Baked Beans
	Vegetables	Salad Bar Sweetoom	Salad Bar	Mixed Vegetables	Sweetoom Salad Bar	Salad Bar
	Packed Lunch	Baguette (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)	Soft Roll (Tuna, Cheese or Ham)	Baguette (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)
	Dessert	Fresh Fruit Yoghurt	Apple Crumble and Custard	Toffee Crispy Bar	Fresh Fruit Yoghurt	Homemade Cake
	Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk



Perryfields Junior School

Bookwagon Limited- www.bookwagon.co.uk



Independent children's booksellers, Bronnie and Bob, Bookwagon Limited, visit with a pop up book store on the afternoon of Friday, March 15th.

We will show and talk about a bespoke selection of wonderful books we've read, recommend and reviewed. Families are invited to view and buy after school and/ or purchase online, with every book discounted by 25%!

Cash and cards accepted.

Every purchase builds a commission for Perryfields Junior School to spend on books.

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Oakmor Dental Centre
8 Fairfield Road, Braintree, Essex,
CM73HF
01376340001

Tiny teeth campaign - Working with our community

NHS appointments available for Children under 18 who are not registered with a dentist .

Tuesday 13th Feb 3-5 pm
Tuesday 20th Feb 10-1 pm

Appointments need to be booked - available on first come basis .

Medical forms to be completed prior to the appointments

Call us on 01376 340 001 or contact us through the website oakmor.com



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.bristolac.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.





Providing NHS services

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 myaccount.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 Computeractive. 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. We pay two children and write regularly on the subject of internet safety.



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