



Perryfields Junior School

The Friday Flyer

Week 25 – March 2024

Headteacher's Message

Well, I can't believe that the Spring term has ended and Easter is this weekend. We have been so busy in school; the weeks have just flown by!

On Monday, our School Council and Eco Warriors ventured out into the local environment to take part in the campaign of 'Beat the Street' as well as looking after the local area by litter picking. The children were extremely mature and loved keeping their own town clean and tidy. Excellent work and brilliant representatives for our school!

Cowell and Seuss classes led our Easter assemblies brilliantly this week; they re-told the Easter Story beautifully and with remarkable confidence. We were all blown away by the quality of their narrations, acting, musical talent and singing. You were amazing Year 3- Well done!

During our final whole school assembly of Spring 2024 we celebrated personal achievements, house points and outstanding presentation of work in school. As always, it was lovely to be together and reflect on whole school successes. Congratulations to Hawking House - our winners so far this year!

Well done to all our Spelling Bee finalists. Today's contest was really nail biting - a very close final. Huge congratulations to our winners; Ashane, Rubab and Zaki (upper school) Zaviar, Areebah and Anabelle (lower school).

Also, thank you for attending parents' evening this week. It is always such a pleasure for the teachers to be able to share with you just how well your children are doing - a lovely treat just before the Easter break!

We have really enjoyed this last term where we have shared lots of inspiring events and experiences which will become our future precious memories. As always, I cannot thank our team enough for their hard work and commitment which has ensured we have all made the most of this last Spring term at PJS!

I hope you all have a super Easter!

Jane Hasler

Pupil of the Week

Cowell: Alyan
Seuss: Penelope
Walliams: George
Lewis: Olivia
Dahl: Tyler
Rowling: April
Tolkien: Gabriel
Morpurgo: Zayan
Pullman: Arabella

Award for
Outstanding Manners
Mason – Seuss Class
Rory – Tolkien Class

PE Award
Penelope – Seuss Class

Spelling Award
Dahl

Mrs Siddall's Attendance Award
Walliams Class – 99.8%

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	94.7%
Year 4	95.4%
Year 5	93.9%
Year 6	95.8%



Reminders/Notices

Class Blogs: Please check class blogs to catch up on your child's learning so far this academic year!

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.

Coming Up In The Sumer Term So Far – More Details To Follow

Thursday 18 th April	Art Gallery – 3.30pm in hall
Friday 19 th April	Forest School starts for Cowell Class – email sent 26 th March
Monday 22 nd April	Residential Talk to parents @ 3.30pm – email sent 27 th March
Wednesday 24 th April	Dance Club Begins – email sent 14 th March
Thursday 25 th April	LAMDA Begins – email sent 25 th March
Monday 29 th April	Sports Clubs Begin – email sent 26 th March
Friday 3 rd May	Choir Begins
Thursday 23 rd May	Summer Fayre
Wednesday 5 th June	Residential Trip Year 6 Departure
Tuesday 18 th June	Sports Day
Tuesday 25 th June	Food and Farming Trip – Yr 5
Tuesday 2 nd July	Bikeability Begins
Tuesday 16 th July	Year 6 Production - Evening
Wednesday 17 th July	Year 6 Production – Afternoon
Thursday 18 th July	Year 6 Production - Evening

Please see below our new menu for the Summer term!

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 Summer Term *starting w/c 15/04/24*

Week: One

		 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Main course	Meat	Pepperoni Pizza	Oven Baked Burger	Sausage	Tomato & Bacon Pasta Bake	Jumbo Fish Finger
	Vegetarian	Cheese & Tomato Pizza	Spicy Bean Burger	Quorn Sausage	Tomato & Cheese Pasta Bake	Cheese Quesadilla
	Gluten Free	Gluten Free Pizza	Gluten Free Fish Fingers	Gluten Free Sausage (if available)	Gluten Free Pasta Bake	As above
	Jacket Potato	Beans/Cheese	Tuna/Beans	Tuna/Cheese	Beans/Cheese	Tuna/Cheese/Beans
	Side Dish	Pasta Salad	Crispy Cubes Beans	Mash Potatoes Gravy	Sweetcorn Crusty Roll	Chips Baked Beans
	Vegetables	Sweetcorn Salad Bar	Salad Bar	Country Mixed Veg	Salad Bar	Salad Bar
	Packed Lunch	Baguette/GF Wraps (Tuna, Cheese or Ham)	Wraps/GF Wraps (Tuna, Cheese or Ham)	Roll (Tuna, Cheese or Ham)	Baguette (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)
	Dessert	Fresh Fruit Yoghurt	Artic Roll	Fresh Fruit Yoghurt	Chocolate & Butterscotch mousse	Homemade Iced Chocolate Cake
Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk	

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Clubs Letter – Summer 2024



We are pleased to be able to offer the following Clubs in school next term.

Clubs – Week beginning 29th April – Week ending 12th July.

Cost - £10 Donation per Sports Club. Payable ONLY via ScoPay. Clubs will go live from 4.20pm Monday 15th April. Please book through your ScoPay account by 9.30am Monday 22nd April 2024.

SPORTS CLUBS – Morning Clubs, please can children come into school ready for their club, they can then change into their school uniform before school starts.

Club	Day	Time	Years	Notes
Table Tennis	Monday	8am – 8:40am	All years	Children can wear school uniform
Boys Football	Monday	3.15pm-4.15pm	5&6	Invite only – separate email sent
Tennis	Monday	3.15pm-4.15pm	5&6	Sports Attire
Table Tennis	Tuesday	8am – 8:40am	All years	Children can wear school uniform
Netball squad	Tuesday	3.15pm-4.15pm	5&6	Invite only – separate email sent
Rounders	Tuesday	3.15pm-4.15pm	All years	Sports Attire
ActivAll Boards	Wednesday	8am – 8:40am	All years	Children can wear school uniform
Netball development	Wednesday	3.15pm-4.15pm	4,5&6	Sports Attire
Football Development	Wednesday	3.15pm-4.15pm	4,5&6	Sports Attire
British Sign Language	Thursday	8am – 8:40am	All years	Children can wear school uniform
Tennis	Thursday	3.15pm-4.15pm	3&4	Sports Attire
Archery	Friday	8am – 8:40am	All years	Children can wear school uniform
Choir	Friday	3.15pm-4.15pm	4,5&6	Ongoing – there are still spaces in this club. If your child would like to attend, please contact the school office

Places will be allocated on a first come first served basis. If your child no longer wants to do a club please let us know as soon as possible. Refunds will not be given. Please check club days do not clash when requesting a club. If your child cannot attend a club after school for any reason, please would you kindly let the office/teacher know in advance.

Pupil Premium

Please contact the school office on 01245 250781 before clubs go live if your child is in receipt of free school meals and they would like to attend a club.

10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as *Kooth* or *YoungMinds*.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

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