



Perryfields Junior School

The Friday Flyer

Week 22 – March 2025

Headteacher's Message

Dear Parents and Carers,

This week, our Year 5 students took part in an exciting river walk as part of their geography field study. They explored the local river environment, observing key features such as the river's flow, habitats, and surrounding wildlife. The trip provided a fantastic hands-on learning experience, helping them deepen their understanding of rivers and their impact on the landscape. The children showed great curiosity and enthusiasm, making insightful observations and asking thoughtful questions along the way. Well done, Year 5!

This Tuesday, we were delighted to welcome PC Scott Smith and PC Rosie Smith to our school for an engaging and informative session with our Year 5 and 6 pupils. They spoke about staying safe in the community and online, offering valuable advice on how to make responsible choices. The visit ended with a fantastic Q&A session, where the children asked lots of thoughtful questions about the police force and their work. It was wonderful to see their curiosity and enthusiasm, and we're grateful to PC Scott and PC Rosie for taking the time to visit.

Our netball team put on a fantastic performance this week! Playing at home against Bishops, our mixed squad showed great skill, teamwork, and determination in a closely contested match. Despite a brilliant effort, we were narrowly defeated 9-8. It was an exciting game, and we couldn't be prouder of how our team played. Well done to everyone involved—you gave it your all!

As part of World Book Day Week, our Year 6, Year 5, and Year 4 pupils visited the infant school to listen to the younger children read. It was a brilliant experience, with our older pupils offering encouragement, celebrating achievements, and helping to build the confidence of the younger readers. The children loved sharing their books, and it was wonderful to see them so engaged and excited about reading. A big well done to all involved—what a brilliant way to inspire a love of reading across our school.

Today, Perryfields was transformed into a world of imagination as children and staff dressed up as their favourite fantasy or fairy tale book characters to celebrate World Book Day. Our school was a vibrant display of colourful costumes, and the children thoroughly enjoyed the exciting reading activities throughout the day.

A huge thank you to Mike Dodsworth, who once again brought the magic of storytelling to our school! This time, he led captivating storytelling workshops, enchanting the children with thrilling tales of heroes, villains, and fantastical worlds. His visits have long been a highlight at Perryfields, and this one was no exception—an unforgettable experience for our whole school community. Thank you, Mr. Dodsworth!

We look forward to our book fayre next week!

Have a super weekend,

Samantha Edwards

Pupil of the Week

Cowell: Aarueran
Seuss: Rayna
Walliams: Aiyla
Lewis: Isabelle JB
Dahl: Summer
Rowling: Erin
Tolkien: Bella
Morpurgo: Yousuf
Pullman: Dexter

Award for
Outstanding Manners
Hugo – Seuss Class
Hayden – Tolkien Class

PE Award
Alice – Tolkien Class

Spellers Award
Dahl Class

Mrs Siddall's Attendance Award
Dahl Class – 99.7%

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	97.1%
Year 4	97.2%
Year 5	96.8%
Year 6	95.8%



Coming Up This Half Term

Thursday 13 th March	Science Fair – email sent 14 th February
Friday 14 th March	Book Fayre – Please see poster below
Tuesday 18 th March	SATs Talk for Year 6 parents. Please join us in the hall at 3.30pm – email sent 13 th February
Monday 24 th March	Easter Service to year 3 parents – email sent 25 th February. Tickets available from the school office
Tuesday 25 th March	Easter Service to year 3 parents – email sent 25 th February. Tickets available from the school office
Friday 28 th March	All clubs finish
Tuesday 1 st April	Parents Evening – Details to follow
Wednesday 2 nd April	Parents Evening – Details to follow

Please see below our menu.

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
Meat	Jacket Potato Day	Nacho Chicken	Beef bolognese	Chicken Tikka Masala	Burger in a bun
Vegetarian	Jacket Potato Day	Nacho Quorn	Quorn bolognese	Vegetable Tikka Masala	Quorn Burger in a bun
Gluten Free	Jacket Potato Day	Nacho Chicken	Beef bolognese	Chicken Tikka Masala	GF Sausage
Jacket Potato	Bacon, Cheese, Beans, Tuna mayo, Tuna & Sweetcorn	Tuna & Beans	Cheese & Tuna	Beans & Cheese	Tuna/Cheese & Beans
Side Dish		Crispy Cubes & Beans	Garlic bread	Rice & Naan bread	Chips & Beans
Vegetables	Salad bar	Salad bar		Salad bar	Salad bar
Packed Lunch	Baguettes	wraps	Baguettes	Baguettes	wraps
Dessert	Chocolate Brownie	Frest Fruit or Yoghurt	St Clements Cake	Fresh Fruit or Yoghurt	YoYo Cookies
Drinks	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water



Little Havens





Saturday 12th April 2025

Fire or Lego Walk

Bond Street, Chelmsford City Centre

Are you ready to conquer your fears and take on the ultimate challenge? Step up, feel the heat and walk across scorching embers, or test your toughness on tiny bricks. Every step you take will be making a real difference to families who rely on the care of Little Havens Children's Hospice.

- 🔥 Entry Fee: £25
- 🔥 Minimum Sponsorship: £100 (Fire walk) & £60 (Lego walk)
- 🔥 Limited spaces available – don't miss out!

For more details and to sign up for an experience of a lifetime, visit havenshospices.org.uk/firewalk

Participants for the Fire Walk must be aged 12 or over. Participants for the Lego Walk can be aged 5 and over. Under 16s must be accompanied by an adult over 18 years old at all times.

havenshospices.org.uk
 T 01702 220 305
 E fradmin@havenshospices.org.uk
 Registered Charity Number 1022119







10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep abreast of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Inley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday

The National College



Bookwagon Limited Popup Book Store



Bookwagon Limited pop up!

Independent children's bookstore, **Bookwagon Limited**, pops up a book store on Friday, March 14th. There will be a specially curated selection of wonderful books read and recommended, presented to the school. After school families and friends are invited to purchase.

All books are sold with 25% discount.

Cash and cards accepted.

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

© www.bookwagon.co.uk

© www.bookwagon.co.uk



As part of the week, we will be holding a science fair in the afternoon of Thursday 13th March 2025. This involves children completing a science project, which should also include a written report, a display board and potentially any models which accompany their investigations.

This year, the theme for Science week is 'Change and Adapt'. This could take the form of an investigation linked to many different aspects of science such as Biology, Chemistry or Physics. As well as this, it could be centred around animals, humans or any other form or plant life/living things.

What to include:- If children are carrying out an experiment, then the report/display could consist of the title, possibly in the form of an open-ended question, a prediction, step by step method, their results in the form of a table / graph / labelled diagram or summary and finally a conclusion explaining their results. If they are carrying out research, then it should consist of the question being researched and set out using headings and subheadings to signpost their findings. This could take the form of a poster for younger children or a report or display board by older children. They could also consider different viewpoints and compare different opinions on the question being researched. If they are using secondary resources such as books or the internet, then older children should also make reference to where their information is taken from. This can be handwritten or typed on a computer. The display board could be a large piece of card / cardboard possibly folded so that it can stand on a table. It would be great to see photos and their written report on the display board. The children should make decisions on how they present it to ensure they have ownership of their work.

Projects should be returned to school on the morning on Thursday 13th March, ready to exhibit for others that afternoon. **(Please do not bring it in earlier.)**

Here are a few examples of possible questions they could investigate:

How do organisms adapt to environmental changes?

How do humans change and adapt over their life span?

How has climate change affected the world over time?

How has _____ animal adapted over time to thrive in their environment?

The important thing when selecting a project is to choose something which interests you! If you are still struggling for project ideas, the internet has plenty of wonderful creative ideas. Children will get the opportunity in the afternoon to both display their own work for the rest of the school and to view and visit other classes to view their projects. For health and safety reasons, please ensure that no glass containers are used as part of your child's presentation. School will be open after school on Thursday 13th March for pupils and parents to come in and look at and share their science projects.

Have fun and thank you for supporting your child with this project. We look forward to seeing the finished products and listening to what the children have found out!

Mrs Canty

**It was so well received 1st time round,
we are doing it again!**



Chemistry



Physics

Volcanic eruptions



Rockets

**Bubbling
potions**



Biology

**Flower
dissection**



And more!

SCIENCE WORKSHOP

**Friday 11th April 2025
Great Waltham Village Hall
9am - 3:30pm**



IGNITE THEIR CURIOSITY, ENRICH THEIR EXPERIENCE

**Special
offer**

£30 a child
7-11 year olds

Scan for booking information



@First_Class_Education



First Class Education



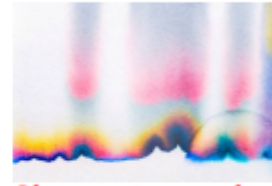
LED BY A QUALIFIED TEACHER AND GUEST EDUCATIONALIST

CRIME SCENE - DO NOT CROSS CRIME SCENE - DO NOT CROSS

Forensic Science Day



Collate the evidence to find the culprit



Chromatography



Who committed the crime?

Footprints



Have you got what it takes to be the best detective?



Fingerprint lifting



DNA



Monday 14th April 2025
Great Waltham Village Hall
9am - 3:30pm
7-11 year olds

£30 a child

Scan to book



@first_class_education



First Class Education

CRIME SCENE - DO NOT CROSS CRIME SCENE - DO NOT CROSS

ACL

FREE

**FAMILY SUPPORT
SESSIONS FOR PARENT
& CARERS**

ONLINE



**An opportunity for parents/carers, to come along and connect with a community dedicated to positive growth and development.
All sessions are online**

Sibling Rivalry

11/03/2025 1900 - 2100 Search 'Sibling' via our website

Sleep For Wellbeing

13/03/2025 0930 - 1130 Search 'Bitesize Sleep' via our website

Managing Big Emotions

25/03/2025 1900 - 2100 or 28/03/2025 1230 - 1430
Search 'Big Emotions' via our website

Family Wellbeing

27/03/2025 0930 - 1130 Search 'Family Wellbeing' via our website

Visit our website **aclessex.com** and type the key words above in to the
'Find a course...' box

**COMMUNITY & FAMILY
LEARNING**



Essex County Council

SPRING TERM

ESSEX LOCAL OFFER ROADSHOWS

Help us
improve our
information

Tell us about your
experience to help us
improve our website work
better for you

The Essex Local Offer

Education, Health and Social Care
Working together to support
children and young people with
special educational needs and
disabilities



Are you a parent or carer of a young person with special educational needs and disabilities (SEND) aged 0 to 25? Do you want to know what support is available in your area? Come along to one of our Essex Local Offer Roadshows.



You can chat with teams from Education, Health and Social Care, as well as local support groups and activity providers.



The marketplace is free and there is no need to book. Children are welcome!



Drop in between 9:30am and 12:30pm



Book your place on free workshops

Scan the QR Code for all the information, including dates and venues or visit the Essex Local Offer at:

<https://send.essex.gov.uk/i-think-my-child-needs-help/essex-local-offer-roadshows>



In Partnership with





March 2025 Newsletter

FACE delivers online support via zoom for parents across the UK
Talks are 90 minutes long, £24 each - Book Online at facefamilyadvice.co.uk



Schools can now buy a
FACE School Annual Membership
which means **ALL** parents and **ALL** staff
get unlimited **FREE** access to **ALL** 16 parent talks

Tuesday
4th March
10:00 - 11:30
£24



Improving Family Communication

How to reduce the shouting and
arguing and start the talking.

Tuesday
11th March
10:00 - 11:30
£24



Understanding Anger: Yours and Theirs!

What is anger? Why do we have it?
How do we manage it in ourselves and
in our children?

Tuesday
18th March
19:00 - 20:30
£24



Anxiety Explained

Anxiety, especially in our young is rising.
This session explains what it is, why it
happens and how you can help.

Tuesday
3rd April
10:00 - 11:30
£24



Supporting a Child with ADHD

Challenging the stereotypes and giving
practical interventions. Clear explanation
of the condition in all its forms and
extremely useful advice.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk



March Timetable

all sessions delivered live online via zoom £24 each 90 minutes long
book online at facefamilyadvice.co.uk

Understanding Addictive Behaviour	3 MAR 10am
Supporting a Child with ADHD	3 MAR 7pm
Improving Family Communication	4 MAR 10am
AUTISM: Improving Communication	4 MAR 7pm
Facing Defiance	10 MAR 10am
Anxiety-Based School Avoidance	10 MAR 7pm
Understanding Anger	11 MAR 10am
Supporting Healthy Screen Use	13 Mar 7pm
Anxiety Explained	18 MAR 7pm
What is ACT?	20 Mar 7pm
Understanding the Teenage Brain	24 MAR 10am
Supporting Healthy Sleep	24 MAR 7pm
Decreasing Depression	25 MAR 10am
Raising Self-Esteem	25 MAR 7pm
Supporting a Child with ADHD	3 APR 10am