



Perryfields Junior School

The Friday Flyer

Week 25 – March 2025

Headteacher's Message

This week, our Year 3 pupils took centre stage as they led our Easter assemblies with outstanding confidence and enthusiasm. They beautifully retold the Easter Story of The Three Trees, captivating their audience with expressive narration, heartfelt acting, and impressive musical performances. The children's singing was truly moving, and we were all in awe of their talent and dedication. Well done, Year 3—we are so proud of you!

Meanwhile, our Year 6 pupils have been working incredibly hard during their mock SATs week. They have demonstrated great perseverance, resilience, and focus in tackling the challenges of their assessments. We are immensely proud of their efforts and determination—keep up the fantastic work!

This week also marked an exciting first for PJS, as we welcomed Advent Dental Practice to visit our Year 3 pupils. The children took part in fun, interactive activities and even had the opportunity for a dental check-up. While there may have been a few wobbly knees at first, everyone soon realised there was nothing to worry about, making it an enjoyable and educational experience. A huge thank you to Advent Dental Practice for their time and care.

In other news, we are excited to introduce our brand-new Mindfulness Club, which now runs every lunchtime. Children are welcome to drop in whenever they choose to take part in meditation exercises, mindful colouring, breathing activities, and much more. This space also provides a calm and relaxing environment for quiet reflection and prayer. We hope this club will support pupils in developing strategies for relaxation, focus, and overall well-being.

Finally, a big thank you to our parents and carers for supporting your children in arriving at school promptly each morning. Ensuring a smooth and settled start to the day means valuable extra learning time, helping to set them up for success. Your efforts are truly appreciated.

We look forward to another fantastic week ahead.

Samantha Edwards



Pupil of the Week

Cowell: The Whole Class
Seuss: The Whole Class
Walliams: The Whole Class
Lewis: Alisa
Dahl: Shanwik
Rowling: Isabelle L
Tolkien: Freya
Morpurgo: Amy
Pullman: Tommy

Award for
Outstanding Manners
Emily – Lewis Class
Sid – Morpurgo Class

PE Award
Ryan – Tolkien Class

Spellers Award
Cowell Class

Mrs Siddall's Attendance Award
Dahl & Cowell Class – 98.8%

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	97.3%
Year 4	98.3%
Year 5	96.5%
Year 6	95.2%



Coming Up So Far Next Half Term!

Monday 28 th April	Uniform Sale – Please join us in the hall from 3.30pm
Wednesday 30 th April	Dance Club starts – email sent
Thursday 1 st May	LAMDA starts – email sent
Tuesday 6 th May	Morning Clubs start – email sent
Monday 12 th May	SATs Week for Year 6
Monday 19 th May	Braintree Museum Trip Year 5 – email sent
Tuesday 20 th May	Class Photographs and Year 6 Individual Photos
Tuesday 20 th May	Residential Talk for Year 6 Parents – Please join us in the hall at 3.30pm
Friday 23 rd May	Summer Inflatable Fayre – email sent

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, biscuits or the dessert of the day.

Thursday is our special Easter Meal. All orders should of now been placed. If you have not ordered, please provide your child with a packed lunch.

		Week: One			
		Monday	Tuesday	Wednesday	Friday
Main course	Meat	Pepperoni pizza	Chicken Chunks	Mini toad in the hole	Omega 3 Fish Fingers
	Vegetarian	Cheese & Tomato	Quorn dippers	Mini Quorn in the hole	Cheese Quesadillas
	Gluten Free	As above	Chicken Goujons (if available)	Mini toad in the hole	Fish Fingers
	Jacket Potato	Cheese & Beans	Tuna & Beans	Cheese & Tuna	Tuna/Cheese & Beans
	Side Dish	Pasta salad	Noodles Chioce of sweet 'n' Sour or BBQ Sauce	Mash Potatoes Gravy	Chips & Beans
	Vegetables	Sweetcorn & Salad bar	Salad bar & Peas	Country mixed Veg	Salad bar
	Packed Lunch	Wraps	Baguettes	Baguettes	wraps
	Dessert	Fresh Fruit or Yoghurt	Schools choice of sponge Cake	Chocolate Flapjack	Chocolate Anzacs
	Drinks	Milk or Water	Milk or Water	Milk or Water	Milk or Water



MEGA INFLATABLE DAY

Please come along and join us on
Friday 23rd May 2025 from 3.30pm-5.00pm

Wristbands £7

Please pay for wristbands through your ScoPay
account. Children will be given their bands in
school on the day.

Wristbands also available on the gate.

Bouncy Castles, Bungee Run, Penalty Shoot-Out,
Coconut Shy, Sumo Suits, Face Painting, Bottle
Tombola plus much more!

BBQ, Drinks, Ice Creams!

**This event is for children up to year 6 only.
Unfortunately, we cannot accommodate year 7 and
above.**

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 apprised 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 dial 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 – learn body norms, 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

PERRYFIELDS JUNIOR SCHOOL

Lawn Lane, Chelmsford, Essex, CM1 7PP

Tel: 01245 250781

Email: admin@perryfields-jun.essex.sch.uk

Website: perryfields-jun.essex.sch.uk

Headteacher: Mrs. Samantha Edwards BA Education Studies (Hons)



26th March 2025

Dear Parents and Carers,

I am writing to inform you of a vacancy for the role of parent governor on our governing board.

The role of the governing board

The school's governing board is responsible for providing confident and strategic leadership, and creating robust accountability, oversight and assurance for the school's educational performance.

The board is passionate about education and committed to the continuous improvement of our school to ensure the best possible outcomes for our pupils.

The role of a parent governor

As a parent governor, you will work with the board to make sure it effectively carries out the duties referred to above. You will also play a vital role in bringing a **parental perspective** to the governing board, but you're not there to speak 'on behalf' of the parent body.

To be a parent governor you should have:

- A strong commitment to the role and to improving outcomes for children
- Good inter-personal skills, curiosity, and a willingness to learn and develop new skills
- The skills required to make sure the governing board delivers effective governance

Expectations of governors

- Governors are expected to attend 3 meetings of the local governing body per year. These meetings are held on Thursdays at 10am in the school.
- Preparation for meetings includes reading papers and preparing questions for senior leaders.
- Governors are also expected to visit the academy while it is open to pupils at least 3 times per year. These visits are usually scheduled immediately before the meetings.
- Governors are expected to undertake any training required to enable them to discharge their role effectively. This includes online safeguarding training upon appointment and at the start of each new academic year thereafter.
- The term of office is 4 years.

How to apply

If you are interested in applying for the role, please complete and submit the nomination form using the link [Parent governor vacancy nomination form](#) by **Friday, 25 April 2025 at 3pm**. If we receive more applications than there are vacancies, a ballot will be carried out. We will inform you closer to the time if we have to do this.

Yours sincerely,

Louisa Usherwood
Clerk to Trust Board and Governing Body





Parent Governor Opportunities at Perryfields Enterprise Academy Trust

We are currently looking for parent governors to join the school governing board at Perryfields Enterprise Academy Trust. We are hoping that one of our Parent/Carers can help us to fill this gap.

There are approximately 250,000 school governors in England – the largest volunteer force in the country. High quality governance has a significant impact on how well a school is run and what pupils can achieve.

What does a governing board do?

The trust governing board is responsible for:

- Ensuring clarity of vision, ethos and strategic direction of the trust
- Holding the trust leaders to account for the educational performance of the trust
- Overseeing the financial performance of the trust and making sure money is well spent

The board is passionate about education and committed to continuous school improvement to ensure the best possible outcomes for our pupils.

What we are looking for

Contrary to popular thought – you do not have to have a background in education or be connected to the trust in some way to be a governor.

For the trust, the main advantage of having someone from the local community join our governing board, is the expertise and experience you can bring to the role. Knowledge of human resources, data analysis, financial management, marketing, IT, facilities management and health and safety will greatly improve the effectiveness of our governing board and have a positive impact on the education of our pupils.

What governors get

As a new governor you will be supported with an induction programme and have access to a range of training courses that you can select to attend to support you in your new role. You will also be part of a supportive, cohesive board that help each other.



About our school

Perryfields Junior School converted to academy status on the 1st December 2016, becoming the first school in the Perryfields Enterprise Academy Trust.

Perryfields Enterprise Trust has at its core the pursuit of the highest standards possible in education. We believe in high aspirations, high motivation and high achievement for all. Our driving principles are underpinned with values and mindsets which will build character, confidence, a collaborative spirit and a caring attitude:

Perseverance and Resilience
Excellence and Effort
Achievement for All
Trust and Collaboration

Perryfields Junior School is a vibrant learning community where expectations and standards are high. Our pupils make huge progress in terms of learning, creativity and their understanding of themselves and others. We are very proud of what they achieve and we are relentless in our efforts to ensure that they are academically, socially and emotionally prepared for the future. We all work tirelessly to inspire pupils to achieve their full potential through excellent teaching that develops confidence, curiosity and independent learning.

The school has a team of 13 teachers and 29 teaching assistants and support staff. We have 302 pupils on role and have recently been awarded Outstanding in our Ofsted report.

What we require of governors

In terms of time commitment, we expect that governors will attend at least 3 meetings a year, which will take place in the daytime and rarely last more than 2 hours. Visits to see and monitor the school in action will also be required. This is one of the many highlights of the role as you get to see first-hand the children learning.

Experience tells us that our governors not only make a difference to the school, but also gain much personal and professional satisfaction from the role such as learning new skills, making new friends and enhancing CVs.

We are happy to talk with anyone interested, or arrange a visit to the school, if you'd like to find out more. Please feel free to email admin@perryfields-jun.essex.sch.uk or call 01245 250781.

Yours sincerely



Mrs Samantha Edwards
Headteacher



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

£30 a child

7-11 year olds

Scan for booking information



@First_Class_Education



[First Class Education](https://www.facebook.com/FirstClassEducation)



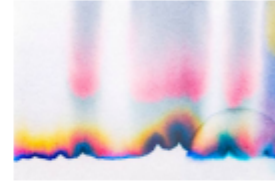
LED BY A QUALIFIED TEACHER AND GUEST EDUCATIONALIST

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



Scan to book



@first_class_education



First Class Education

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

Disney
DIARY
of a
Wimpy Kid



WEDNESDAY 9TH AND THURSDAY 10TH APRIL 2025

THE OLD COURT THEATRE, CHELMSFORD

ACTING, DRAMA GAMES,
CRAFTS, FUN!

10am – 2pm price includes both days

£45 per child – Ages 5 – 13

**THE
DRAMA
CENTRE** Public Speaking
and Acting



WEDNESDAY 16TH AND THURSDAY 17TH APRIL 2025

THE OLD COURT THEATRE, CHELMSFORD

ACTING, DRAMA GAMES,

CRAFTS, FUN!

10am – 2pm price includes both days

£45 per child – Ages 5 – 13

**THE
DRAMA
CENTRE** Public Speaking
and Acting



ESSEX SYMPHONY ORCHESTRA

Free Young People's Orchestral Workshop Sunday 11th May 2025 at St John Payne School, Chelmsford

Essex Symphony Orchestra is delighted, once again, to invite young musicians to join them for a morning to enjoy orchestral playing alongside experienced players and under the guidance of our professional conductor, Mr Robert Hodge (<https://www.robert-hodge.com/>)

The workshop is for pupils who learn an orchestral instrument in or out of school and who have passed Grade 1 to Grade 5. As last year, there will be just one session for everyone so that all players can enjoy the full orchestral sound created by the mix of beginner, intermediate and Grade 4/5 parts.

The workshop will be from 10.00 am - 1.00pm on Sunday 11th May 2025.

To comply with safeguarding guidelines, a parent or responsible adult will need to accompany their child to the workshop; in previous workshops, parents sat all around the edges of the hall and really enjoyed watching how the music came together.

If you would like your child to take part, please email:

Catherine Gunnett (member of Essex Symphony Orchestra) at bassoonplus@gmail.com with the following information:

- Child's Name
- School's Name
- Orchestral instrument (i.e. **NOT piano, keyboard, guitar, recorder or saxophone**). We do, however, have a few spaces for drummers who would like to play orchestral percussion.
- Grade attained
- Parent/carer phone number

You will then be given further details about the day, including the music that we will be playing so that you can choose the best ability level for your child and then they can practise it at home and with their instrumental tutor before the day of the workshop.

If you would like further information about the Essex Symphony Orchestra and to see pictures and a review of previous workshops, please visit our website, <https://www.essexsymphony.org.uk/outreach/>

Our last workshop was very popular and there are limited places for each instrument, so please reply as soon as possible to secure your child's participation.
We look forward to hearing from you!

Kind regards
Catherine Gunnett (member of Essex Symphony Orchestra)



**COMMUNITY
FOUNDATION**

**CLICK
HERE TO
BOOK**



Premier League
**Disability Football
Festival**

INCLUSIVE U'S FOOTBALL CAMP

WHO? Young people aged 5-16 with
Special Educational Needs and Disabilities
WHEN? Friday 11th April, 10am-2pm
WHERE? Shrub End Community and Sports Centre, CO2 9BG
COST? £15

WHAT TO EXPECT?

- » **Expert Coaching:** sessions will be led by our FA qualified coaches, who are experienced in working with SEND players.
- » **Skills Development:** enhance your skills through fun football drills, including passing, dribbling, shooting and much more.
- » **Special Guests:** meet Colchester United players and club mascot Eddie the Eagle!
- » **Exciting Rewards:** every participant will receive a Colchester United themed prize, with additional medals and trophies available to be won.

**TO INSPIRE, ENRICH
AND UNITE OUR COMMUNITIES**

Registered Charity Number: 1159381

www.cu-fc.com/cucf
cucf@colchesterunited.net
01206 755160
@ColU_CF /ColUCF
#enrichourcommunities



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