



Perryfields Junior School

The Friday Flyer

Week 27 – April 2025

Headteacher's Message

Welcome Back and Happy Summer term!

I hope you were able to enjoy some quality time with your children and make the most of the sunshine.

On Monday, Mrs. Markscheffel led an informative assembly on recycling. We are excited to announce that we've received new recycling bins for both inside and outside the school, and we are committed to doing our part for the planet. Please take some time to talk to your children about the importance of recycling, and encourage them to help you with recycling at home. At school, they will be responsible for recycling their lunch waste and stationery waste in the classroom.

As we approach the SATs in May, we'd like to remind our Year 6 families to ensure children are getting plenty of rest and downtime at home. While we're proud of how hard the children have been working, it's just as important that they feel relaxed and supported. Please try not to place any additional pressure on them during this time—encourage early bedtimes, healthy snacks, and time to play or unwind. We want every child to approach the SATs feeling confident, calm, and well-prepared.

As we begin this new term, here are a few reminders:

- Please ensure your child arrives at school on time with all necessary belongings. This helps them start the day without missing important work and ensures they are prepared with their water bottles, PE kits and lunch boxes.
- We kindly ask that you be considerate when parking near the school, and where possible, park away from the school grounds. Remember, using the park and stride option will earn your child a 3PR token!
- Keep an eye out for school emails and be mindful of any deadlines. There's a busy term ahead with summer trips, clubs, enrichment activities, inflatable day, sports events, Sports Day, matches, transition days, and much more!

And finally, I'm sure you will all join me in congratulating Mr. Curtis on the arrival of his baby boy, Theo Graham Curtis. Both mother and baby are doing well.

Thank you for your continued support, and let's make this term a great one for our students!

Samantha Edwards

Pupil of the Week

Cowell: Hallie
Seuss: Anaisha
Walliams: Yaatwik
Lewis: Ibinabo
Dahl: Dhanvin
Rowling: Buster
Tolkien: Ezara
Morpurgo: Zac
Pullman: Sophie

Award for
Outstanding Manners
Dorabella – Cowell Class
Amelia – Pullman Class

Mrs Siddall's Attendance Award
Morpurgo Class – 98.5%

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	96%
Year 5	97.4%
Year 6	97.5%



Coming Up So Far Next Half Term!

Monday 28 th April	Uniform Sale – Please join us in the hall from 3.30pm
Tuesday 29 th April	Girls Football starts
Wednesday 30 th April	Dance Club starts
Thursday 1 st May	LAMDA starts
Thursday 1 st May	Year 6 Individual Photos
Friday 2 nd May	Fencing Club starts
Tuesday 6 th May	Morning and after school clubs start
Monday 12 th May	SATs Week for Year 6
Monday 19 th May	Braintree Museum Trip Year 5 – email sent. Parent volunteers needed
Tuesday 20 th May	Class Photographs
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 – Please see poster below

Urgent health information for schools: Testicular torsion awareness campaign

Please click on the link below for further details

[Important health information for young males and parents](#)

Please see below 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, biscuits or the dessert of the day.

		Week: Two				
		Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Meat	Macaroni & Cheese	Oriental Chicken	All Day Breakfast Sausage	Ham & Cheese Quiche	Chicken Chunks
	Vegetarian	Macaroni & Cheese	Oriental Meat Free Strips	Meat Free Sausage	Cheese Quiche	Quorn Dippers
	Gluten Free	Macaroni & Cheese	Oriental Chicken	Gluten Free Sausage	Cheese Quiche	Gluten Free Chicken Goujons
	Jacket Potato	Beans & Cheese	Beans & Tuna	Tuna & Cheese	Cheese & beans	Tuna,Cheese & Beans
	Side Dish	Garlic Bread	Noodles	Scrambled Eggs Hash Browns Beans	New Potatoes	Chips
	Vegetables	Sweetcorn Salad Bar	Green Beans Carrots Salad Bar	Mushrooms Tomatoes	Sweetcorn & Peas Salad Bar	Beans Peas
	Packed Lunch	Baguette (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)	Baguette (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)
	Dessert	Rocket lolly	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Blueberry & Lemon Muffins	Shortbread
	Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk



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 concerningly 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 screen time; 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 screen time 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 screen time, 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 screen time 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 screen time 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 screen time 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.



The National College

RIDE FOR HELEN 2025

SUNDAY 11TH MAY

Join us for a breathtaking ride starting and ending at The Crix in Hatfield Peverel.

Choose your distance!

Support people living with cancer as you pedal through the stunning countryside of Essex and Hertfordshire.

SCAN ME



6
Miles

Ed's
15
Miles

30
Miles

50
Miles

65
Miles

100
Miles

BOOK YOUR PLACE AT
www.helenrollason.org.uk

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