



Perryfields Junior School

The Friday Flyer

Week 29 – May 2025

Headteacher's Message

Our PJS extra-curricular sports clubs commenced this week, and it was a pleasure to see so many pupils engaging enthusiastically in our summer sports activities across the school grounds.

We are also pleased to confirm that our 3PR scheme is now fully up and running again. We kindly ask all families to make responsible parking decisions and, where possible, to encourage children to walk part of the journey by parking at a distance and using a 'park and stride' approach. As always, please avoid parking across driveways and remember to treat members of the public with courtesy and respect- values we consistently promote within school.

On Thursday, our football team competed in a league match against Newland Springs and represented us with excellent sportsmanship. The team demonstrated great effort, determination, and were outstanding ambassadors for our school- well done to all involved. We are delighted to share that they secured a fantastic 7-1 win!

Year 6 has been a hive of focus and resilience this week, as both Morpurgo Class and Pullman Class have been preparing diligently for their upcoming SATs assessments. I was genuinely impressed by the number of children achieving full marks- 40 out of 40 - on their arithmetic papers; so many, in fact, that I nearly ran out of Headteacher Awards! We are extremely proud of all their hard work and dedication so far, and we wish them the very best of luck in the tests taking place from Monday to Thursday next week.

Please remember that Year 6 teachers will be available from 8:15am each morning for any pupils who wish to come in early for additional revision and to help them feel confident and prepared. To support your child's wellbeing during this time, we kindly encourage early bedtimes, a healthy breakfast each day, and staying well-hydrated throughout the week.

Thank you, as always, for your continued support.

Samantha Edwards



Pupil of the Week

Cowell: Jack
Seuss: Timi
Walliams: Aditya
Lewis: Penny
Dahl: Nitya
Rowling: Tanisha
Tolkien: Adam
Morpurgo: Thomas
Pullman: Kelvin

Award for
Outstanding Manners
Adeline – Pullman Class
Joshua – Rowling Class

PE Award
Louis – Lewis Class

Spellers Award
Cowell Class

Mrs Siddall's Attendance Award
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	97%
Year 4	97.4%
Year 5	98.2%
Year 6	97.7%



Coming Up So Far Next Half Term!

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
Wednesday 21 st May	CHANGE OF DATE - 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

Essex Early Years and Childcare Parents Survey for all Schools 2025

Essex County Council is committed to meeting the childcare needs of families across the county. To help us further understand parents experience of childcare provision and how they access information that may support their family, we are conducting our annual (anonymous) parents survey. Please click on this [survey link](#) to take part.

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.

Thursday is our special Census Lunch. This will be pizza and cubed potatoes. Please see email sent last week.

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

Children are using smart devices from a much younger age than ever before. It's why it's essential we talk to our children about how to use them safely. There are so many positive benefits to the new technology at our disposal these days - however there are plenty of downsides too. As a parent, it's important you understand these risks and how you can take steps to protect your family against them.

1 PUT YOURSELF IN CONTROL

Make use of the parental control settings available to you. With most devices, you're able to change the settings to control the content your child has access to. This isn't difficult to do, so you'll often find guidance in the instructions that come with the device. By setting a private pin-code on certain devices, you can make sure your child can only access it when you allow it.



2

PROTECTING ANDROID DEVICES

You can set up restricted users on Android tablets through a Google account. Open the settings menu (look for a cog icon) and select the 'Users' option. Here you can add a new restricted user. After setting up a password and username, select which applications you want to restrict access to. On an Android smartphone it's simpler, but first select 'Parental Controls' in the play store.



3 PROTECTING APPLE DEVICES

For Apple devices, you can simply visit the preferences/settings menu and within 'General' there is an option for 'Restrictions'. Here you can turn off any applications or features on your child's device that you do not want them to have access to.



4

THINK ABOUT ALL YOUR SMART DEVICES

As well as tablets and smartphones, you should think about any device in your home connected to the internet: a games console, a media hub, or a personal computer. In each case you can usually find parental controls in the settings. Think carefully about how much access you want to allow your child, especially when it comes to accessing the internet.



5

MAKE SEARCHING MUCH SAFER

Most search engines, such as Google, Bing or Yahoo, have a 'safe search' setting. You should activate this. Otherwise, it's extremely easy for a seemingly harmless search on the internet to return unexpected and inappropriate results. Depending on the browser you're using, go to the settings and search for 'safe search'. Make sure you save the change as it defaults each time you open the browser. This will seriously reduce the chances of your child being exposed to something they shouldn't be.



**National
Online
Safety**
#WakeUpWednesday

9 Top Tips To Get Smart About children's devices

6

REGULARLY CHECK SOCIAL MEDIA SETTINGS

Before you allow your child to use social media, you should discuss the dangers with them. You should also make sure you're able to access their profile and privacy settings and check them regularly. The companies behind social media platforms often make privacy changes without making it very obvious to the user, such as Facebook's introduction of facial recognition software.



7

DON'T LET PEOPLE SEE WHERE YOU ARE

Location software sounds useful for seeing where your child is, but it also provides the opportunity for others to locate your child too. For safety, it's a good idea to disable location software on all devices or at least turn it off when it's not required. Also, be mindful of specific apps that record running routes or locations where your child might be playing a game. Talk to your child about why there can be dangerous and how to turn the setting on and off as required.



8 WATCH OUT FOR FAKE PROFILES

Sadly, social media presents an enormous opportunity for the likes of paedophiles to set up fake profiles and interact with children. Keep a track of the people your child interacts with on social media and if you do not recognise a user as a friend, consider blocking them.



9 KEEP A CHECK ON SCREEN TIME

Managing how much time we spend on screens is a new challenge for us all. It's critically important when it comes to children, especially younger children who are still developing. It's not just a case of setting arbitrary time limits. Guidelines published by The Royal College of Paediatrics and Child Health suggests it's more important to consider the 'context and content' of what the screen is being used for. It is helpful to put limits on devices using 'Guided Access' functions, which you can find in the settings of certain devices.



Meet our expert

Emma Davis was a secondary school Computer Science teacher for more than a decade. Since leaving education, she has been working in a cyber security firm delivering cyber awareness training to businesses and carrying out network testing. She is a mother of a five-year-old, she's had vast experience of controlling and managing how children access online services and use apps.



PERRYFIELDS JUNIOR SCHOOL

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Website: perryfields-jun.essex.sch.uk
Headteacher: Mrs. Samantha Edwards BA Education Studies (Hons)



6th May 2025

Dear Parents/Carers,

PARENT GOVERNOR ELECTION

I wrote to you recently to invite nominations for the vacancies for parent governors. Since there have been more nominations than vacancies, we need to hold an election.

Below is a link to a ballot paper which includes the candidates' supporting statements listed in alphabetical order of surname.

[Parent Governor Elections May 2025](#)

You may vote for one candidate. Each parent may only submit one response, regardless of the number of pupils you have attending the school. The election will be decided by a simple majority of votes cast. In the event of a tie, lots will be drawn. The voting will close at **5pm on Monday, 19 May 2025**. When the election has been completed, I will let you know the outcome. If in the meantime you have any queries, please let me know.

Thank you for taking the time and trouble to support this election.

Louisa Usherwood
Clerk to Trust Board and Governing Body



SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Its tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.



9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themsc.org.uk/mental-health>



2025 YEAR 6 INDUCTION DAY

Wednesday 25th June 2025

09:00 - 14:30



☎ 01245 266766

🌐 www.hylands-tkat.org
Chelmsford Road, Chelmsford

📍 Essex CMI 3ET

Be responsible Be respectful Be resilient