



Perryfields Junior School

The Friday Flyer

Week 30 – May 2025

Headteacher's Message

What a week it's been at Perryfields!

Our Year 5 children kicked off the week brilliantly with a fantastic display at the Boswells Rounders Competition. Both teams showed excellent sportsmanship, resilience, and teamwork throughout the event. Their energy and enthusiasm were clear to see, and their efforts paid off! One team proudly brought home a bronze medal, securing 3rd place overall, while the other team finished in a commendable 5th place. Well done to all involved — you represented the school wonderfully.

Back at school, the rest of the week has been calm and focused as our Year 6 pupils have undertaken their end-of-key-stage assessments (SATs). We are incredibly proud of how they have approached these with maturity, determination, and a positive attitude.

The children have shown great dedication and truly given it their all, tackling a challenging set of papers in reading, grammar, spelling, and maths. It's not easy, but they rose to the occasion — their efforts have genuinely inspired us. Year 6, you have done yourselves proud. Well done!

A huge thank you must go to everyone who has supported our Year 6 pupils this week — from the teaching and support staff who have helped them prepare and stay calm, to our governors who generously gave their time to help with the administration of the tests. And of course, a special thank you to our amazing kitchen team for baking delicious flapjacks to keep spirits high during breaks. It really has been another brilliant Perryfields team effort.

Wishing you all a restful and well-deserved weekend.

Samantha Edwards



Pupil of the Week

Cowell: Mila
Seuss: Elif
Walliams: Billy
Lewis: Theo
Dahl: Aravi
Rowling: Alex Tan
Tolkien: Nicole
Morpurgo: Whole Class
Pullman: Whole Class

Award for
Outstanding Manners
Isla – Morpurgo Class
Ahana – Cowell Class

PE Award
Mohid – Rowling Class

Mrs Siddall's Attendance Award
Morpurgo and Pullman 100%

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	98.3%
Year 4	97.3%
Year 5	96.8%
Year 6	100%



Coming Up So Far Next Half Term!

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.

		Week: One				
		Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Meat	Cheese & Tomato Baguette Pizza	Tuna,Cheese,Ham & Tuna + Sweetcorn Baguette	Roast Gammon Steak	Chicken Fajitas	Omega 3 Fish Fingers
	Vegetarian	Cheese & Tomato Baguette Pizza	As Above	Garlic and Herb Roast fillet	Mexican Bean Fajitas	Cheese Pinwheels
	Gluten Free	Gluten Free Pizza	Gluten Free Wraps	As Above	Chicken Fajitas	Gluten Free Fish Fingers
	Jacket Potato	Tuna & Cheese	Cheese & Beans	Beans & Tuna	Cheese & Tuna	Tuna,Cheese & Beans
	Side Dish	Coleslaw Potato Salad	Cucumber Raisins	Gravy	Couscous	Chips & Beans
	Vegetables	Sweetcorn Salad Bar	Salad Bar	Potato Slice Shredded cabbage cauliflower	Broccoli	Salad Bar
	Packed Lunch	Baguette (Tuna, Cheese or Ham)	Baguette (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)	Baguette (Tuna, Cheese or Ham)
	Dessert	Fresh Fruit Yoghurt	Victoria Sponge	Fresh Fruit Yoghurt	Jelly	Oat cookies
	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.**

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.



Please Help Callum

Callum is a 15 year old local boy who has recently been diagnosed with an inoperable brain tumour. Callum has undergone six weeks of radiotherapy and is on continued rounds of chemotherapy, but we need your help to get him life-saving treatment abroad.



How you can help

Callum's parents have set up a GoFundMe page where you can read more about Callum, his diagnosis, and the treatment options they are trying to access for him.

By making a small donation, simply sharing Callum's page and keeping him in your thoughts would mean so much to our family.

Please scan or copy link



<https://gofund.me/a9069ccc>



@sjandferris



Callums.journey

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)



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.



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?'

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.



Are you sure?

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>



Autism central is here to help!

Sometimes talking
to people who share
similar experiences
to yours means you're
more likely to feel
understood and get
the support you need.

The Autism Central Peer Education
Programme is for parents, carers
and Personal Assistants of autistic
people of any age. They do not need
a diagnosis to access the service.
Support is provided by parents and
carers of autistic people who are
happy to share their knowledge and
experience with others.

What we can offer:

- A constantly growing range of
information and resources is
available on the Autism Central
website www.autismcentral.org.uk
- Weekly online groups sessions -
drop-ins and themed sessions
covering a range of topics
- 1:1 support via a telephone or Teams
call. This can be requested via the
QR code below

www.autismcentral.org.uk

Scan me



Funded by



Delivered by



Essex County Council



Summer Timetable

all sessions delivered live online via zoom £24 each 90 minutes long
book online at facefamilyadvice.co.uk Recordings available for 48 hours

Supporting Healthy Sleep	16 June 10am
Decreasing Depression	16 June 7pm
Raising Self-Esteem	17 June 10am
Understanding the Teenage Brain	17 June 7pm
Understanding Addictive Behaviour	23 June 10am
Supporting a Child with ADHD	23 June 7pm
Improving Family Communication	24 June 10am
Autism Improving Communication	24 June 7pm
Facing Defiance	30 June 10am
Anxiety Based School Avoidance	30 June 7pm
Understanding Anger	1 July 10am
Supporting Healthy Screen Use	1 July 7pm
Introduction to OCD	7 July 10am
What is ACT?	7 July 7pm
Cannabis & Ketamine Awareness	8 July 10am