



# Perryfields Junior School

## *The Friday Flyer*

Week 32 – June 2025

### Headteacher's Message

Dear Parents and Carers,

Welcome back to the second half of the summer term! I hope you all had a restful break and enjoyed some special time with your families.

It was a pleasure to meet so many visitors on Tuesday morning. I'm delighted that our prospective Year 3 parents and carers were able to see the school in action - our classrooms were certainly buzzing! A big thank you to our wonderful Year 6 pupils, who did a fantastic job as tour guides.

A huge well done to our Year 4 children who completed their official multiplication check this week. They showed great resilience and thoroughly impressed us with their times tables knowledge - brilliant work, Year 4!

Our adventurous Year 6 pupils have had an exciting few days at Stubbers, taking on a variety of challenges. The feedback from both children and staff has been overwhelmingly positive. Thank you to all the staff who supported the trip - we really appreciate the time and care you gave.

Finally, a warm welcome and congratulations to our new Parent Governor, Mrs Toovey. We're very much looking forward to working with you.

Wishing you all a lovely (and hopefully sunny!) weekend.

Samantha Edwards



### Pupil of the Week

Cowell: Ahana  
Seuss: Krisha  
Walliams: Harry  
Lewis: Niralya  
Dahl: Thea  
Rowling: Zuzanna  
Tolkien: George

Award for  
Outstanding Manners  
*Jaxon – Lewis Class*  
*Alex To – Rowling*

*Spellers Award*  
*Seuss Class*

Mrs Siddall's Attendance Award  
*Pullman Class – 99.6%*

## 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	96.4%
Year 4	94.4%
Year 5	95.8%
Year 6	99.5%



### ***Coming Up This Term So Far!***

Monday 9 <sup>th</sup> June	Year 3 Trip Wilderness Centre – email sent. Please give consent through your ScoPay account
Tuesday 17 <sup>th</sup> June	Choir Performing at the Civic Theatre – email sent
Thursday 19 <sup>th</sup> June	Sports Day – details to follow
Tuesday 24 <sup>th</sup> June	Year 5 Trip Food & Farming
Thursday 26 <sup>th</sup> June	Transiton Day plus Exhibition Afternoon – details to follow
Friday 4 <sup>th</sup> July	Year 6 Bikability starts – email sent
Friday 11 <sup>th</sup> July	House Charity Fundraising Day
Monday 14 <sup>th</sup> July	Year 6 End of Year Performance – details to follow
Tuesday 15 <sup>th</sup> July	Year 6 End of Year Performance – details to follow
Thursday 17 <sup>th</sup> July	Year 6 End of Year BBQ – details to follow
Tuesday 22 <sup>nd</sup> July	End of Year Perfomance – details to follow
Tuesday 22 <sup>nd</sup> July	School Finishes at 1.30pm

**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

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 similar, 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.



3

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.

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.



**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 these 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 'content and context' 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.



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

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# 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/a9o69ccc>



@sjandferris



Callums.journey

ACL




## Empower Yourself with Essential First Aid Skills

Join our **FREE** Family First Aid sessions to gain the knowledge and confidence to handle common emergencies. Ensure your loved ones are safe with practical skills.

### Why Attend?

Empower yourself, Connect with local parents and carers, Ensure your family's safety

 When: Book now for sessions taking place in 2025 / 2026

 Online and in person

Don't miss out—sign up today!

Visit our website [aclessex.com](https://aclessex.com) and type 'Family First Aid' in to the 'Find a course...' box

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FAMILY LEARNING



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Essex County Council



# CHELMSFORD JUNIOR NETBALL CLUB

**DO YOU WANT TO LEARN HOW  
TO PLAY NETBALL**

We are on the look out for new players in our  
development squad  
(Years 3, 4 and 5)

Training is held on Monday's 5.30pm - 7pm @  
Beaulieu Park School

**ALL PLAYER  
LEVELS  
WELCOME!**

contact us for more information  
[Chelmsfordjuniornetballclub@gmail.com](mailto:Chelmsfordjuniornetballclub@gmail.com)





# Colchester Royal Grammar School

Compassion - Respect - Generosity - Support

## 11+ Open Evening

**Tuesday 24th June**

**6.30pm - 9pm**

Day school for boys ages 11-18 years  
with a co-ed Sixth Form and Boarding

Limited parking at rear of school

No booking required

THE  
GOOD  
SCHOOLS  
GUIDE

FROM  
THE SUNDAY TIMES  
**SCHOOLS  
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6 Lexden Road, Colchester, CO3 3ND    [crgs.co.uk](http://crgs.co.uk)    01206 509 100



# 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>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

### 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.

### 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.

### 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.

### 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.

### 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.

### 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', 'mess-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.

### 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.themhc.org.uk/mental-health>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

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# 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](http://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](http://www.autismcentral.org.uk)

Scan me



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# Summer Timetable

all sessions delivered live online via zoom £24 each 90 minutes long  
book online at [facefamilyadvice.co.uk](https://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