



Perryfields Junior School

The Friday Flyer

Week 3 – September 2025

Headteacher's Message

What a brilliant week it has been! It's been wonderful to see the children enjoying games on the playground and making full use of the sports equipment. Our morning and lunchtime clubs are already proving very popular, with children enthusiastically taking part in Games Club, Mindfulness and Prayer Club, Reading for Pleasure, Multi-Sports, Table Tennis, and of course, the 3PR scheme.

A huge well done to all the children who have been elected as School Council members, Digital Leaders, Eco Warriors, and House Representatives. We are so proud of you and look forward to seeing the positive difference you'll make in your new leadership roles.

I would also like to take this opportunity to remind families about two key areas that have a lasting impact on children's progress and wellbeing: reading and attendance:

Reading: Sharing a book with your child each day helps them to become confident, capable readers. Regular practice at home is essential; without it, children risk falling behind now and in the future. Establishing a daily reading routine is one of the most valuable gifts you can give your child.

Attendance: Good attendance is equally important. If your child's attendance drops below 95%, it can have a real impact not only on their learning but also on their friendships. Unless your child has a medical condition that the school is aware of, please do your best to ensure they are in school every day. The NHS offers helpful advice on when children are well enough to attend school, even with a minor illness: <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

For families with children in Year 6, please note that the new secondary school admission round is now open. Applications for Year 7 places starting in September 2026 must be submitted by 31 October 2025. Applications can be made online at www.essex.gov.uk/admissions, where you will also find the Secondary Education in Essex 2026–27 booklet with full details of admission policies. We strongly encourage families to apply before the deadline.

Wishing you all a restful and happy weekend.

Mrs S Edwards



Pupil of the Week

Cowell: Charlie
Seuss: Rosa
Dahl: Ffion
Lewis: Leo
Walliams: Evie
Rowling: Connie
Tolkien: Ryan
Morpurgo: Annabelle
Pullman: Freya

Award for
Outstanding Manners
Bradley – Cowell Class
Phoebe – Walliams Class

PE Award
Elizabeth – Rowling Class

Random Act of Kindness
Olivia – Dahl Class
Callum – Pullman Class

Mrs Siddall's Attendance Award
Seuss Class – 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	96%
Year 5	97.7%
Year 6	93.1%



Coming Up This Half Term

Monday 22 nd September	School Uniform Sale – Please join us in the school hall from 3.30pm. Email sent 18/9/25
Tuesday 23 rd September	EPC Football Club starts – email sent 9/9/25
Wednesday 24 th September	Dance Club starts – email sent 9/9/25
Thursday 25 th September	LAMDA starts – email sent 9/9/25
Thursday 25 th September	Parent Communication and Training Session – Reading and Homework. Email sent 16/9/25
Thursday 25 th September	Flu Immunisations – email sent 9/9/2025
Friday 26 th September	Macmillan Cake Sale – email sent 12/9/25
Friday 26 th September	Fencing Club starts – email sent 9/9/25
Monday 29 th September	After school sports clubs start – email sent 9/9/25
Monday 30 th September	Residential 4th payment due for year 6 residential 2026
Friday 3 rd October	Individual Photographs – CHANGE OF DATE - details to follow
Wednesday 15 th October	WW2 day workshop year 6 – email sent 12/9/25
Friday 17 th October	Ancient Greek workshop year 4 – email sent 12/9/25
Tuesday 21 st October	Life in Saxon Britain workshop year 5 – email sent 10/9/25
Thursday 23 rd October	Year 6 Enterprise Day – details to follow

Reminders/Notices

PE Kits: Children should have a pe kit in school every day. Children should be able to remove earrings on their own.

Year 3 ScoPay and email accounts: Children have now brought home details on how to sign up to both our payment system and email.

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, cucumber sticks and 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

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time; they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMAND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationships, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Deborah Jennings, online policy adviser at National Online Safety, has almost 20 years' experience delivering information and education and training to schools, colleges and other education providers. A qualified teacher, she also advises the Department of Education on the early training element of the school curriculum.



NOS National Online Safety
#WakeUpWednesday

A Christmas Wish

*A Fun Christmas Show for
Children and Families!*



**Beaulieu
COMMUNITY CENTRE**

**Sunday 23 November 3pm
Beaulieu Community Centre
lets-all-dance.co.uk
020 8265 4634**



Enter our
Super Draw

Win a £1,000 Aldi Gift Card

OR £1,000 CASH PRIZE



Perryfields Junior School provides a much loved and valued service for the community.

We need your help so we can continue to offer and even expand our fantastic provision for our pupils!

All funds raised go back into the Friends in Perryfields fundraising pot (affectionately known as FIPS) and are put towards enrichment activities and equipment for our school.

Thank you for your support and good luck!

Yours sincerely

Mrs Samantha Edwards

Headteacher

Refer a Friend; For every person that signs up using their unique referral link, you'll BOTH get an entry into the **exclusive £200 prize draw**