



# Perryfields Junior School

## *The Friday Flyer*

Week 18 – January 2025

### Headteacher's Message

Dear Parents and Carers,

Firstly, congratulations to all those children who competed in Monday's Spelling Bee competition. Our lower school Spelling Bee competitors kicked off the day and what a close competition it was! Our upper school children also competed resiliently and the winners certainly deserved their house points! A huge well done to everyone who took part - including in the first and second round that was held in class. Well done everyone!

Last week marked the introduction of our school times table competitions. This exciting new weekly event gives classes the opportunity to compete against each other while developing their maths skills in a fun and engaging way. It has been fantastic to see so many children enthusiastically participating and practicing their times tables. Times tables are an essential skill that supports many areas of maths, and it's fantastic to see so many of you putting in so much effort. Incredibly, last week alone, children across the entire school answered over 100,000 times tables correctly! Let's continue our hard work and dedication to practicing our times tables.

The children participating in the 3PR Club have been diligently preparing posters to promote the initiative and creating token boxes for each classroom. Beginning next week, you will see them outside the school in the mornings, awarding tokens to children who walk, bike, or scoot to school. If your child must travel to school by car, please consider parking further away and walking a short distance. This practice, known as 'Park and Stride,' will also qualify for a token. Each term, classes will compete for the prestigious 3PR trophy and a reward afternoon for their class. We encourage you to support your child by guiding them to the adults and children in high-visibility vests in the mornings to collect their tokens. Additionally, there are still a few available spots in the 3PR Club. If your child is interested in becoming a 3PR ambassador, please sign them up via ScoPay today.

Lastly, please remember that our 'Book Look' will be taking place next week, offering you the chance to engage with your child's learning and review all the work they have completed since September.

I hope you all have a lovely weekend.

Samantha Edwards

### Pupil of the Week

Cowell: Jessica  
Seuss: Aadiya  
Walliams: Leo  
Lewis: Isabelle B  
Dahl: Max  
Rowling: Cerys  
Tolkien: Sienna  
Morpurgo: Jude  
Pullman: Taelan

### Award for

Outstanding Manners  
*Gilbert – Cowell Class*  
*Holly – Morpurgo Class*

### PE Award

*Aroush – Morpurgo Class*

### Spellers Award

*Morpurgo Class*

Mrs Siddall's Attendance Award  
*Morpurgo Class 99%*

## 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	95.7%
Year 4	96.2%
Year 5	99.1%
Year 6	97.0%



### ***Coming Up This Half Term***

Friday 31 <sup>st</sup> January	Year 6 Stubbers Residential Final Payment Due Today
Monday 3 <sup>rd</sup> February	Year 4 Superstars Trip – email sent 8 <sup>th</sup> January
Tuesday 4 <sup>th</sup> February	Book Look – email sent 16 <sup>th</sup> January
Friday 7 <sup>th</sup> February	Deposit due for Residential Trip 2026 (current years 5's) – email sent 16 <sup>th</sup> January
Monday 10 <sup>th</sup> February	Year 4 Trip to Colchester Castle - email sent 8 <sup>th</sup> January
Thursday 13 <sup>th</sup> February	Year 3 Ancient Egyptian Day. Parent volunteers needed - email sent 9 <sup>th</sup> January
Friday 14 <sup>th</sup> February	Year 5 Enterprise Day Tudors – Please join us at 9.15am, email sent 30 <sup>th</sup> January
Friday 28 <sup>th</sup> February	Year 4 Enterprise Day Romans – Please join us at 9.15am, email sent 29 <sup>th</sup> January
Friday 28 <sup>th</sup> February	School Disco – email sent 20 <sup>th</sup> January
Thursday 6 <sup>th</sup> March	World Book Day - Details to follow
Friday 14 <sup>th</sup> March	Book Fayre - Details to follow
Friday 28 <sup>th</sup> March	All Clubs finish

## 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: One				
		Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Meat	Pepperoni pizza	Chicken Chunks	Mini toad in the hole	Cheese & Potato Wheels	Omega 3 Fish Fingers
	Vegetarian	Cheese & Tomato	Quorn dippers	Mini Quorn in the hole	Cheddar Cheese Wheels	Cheese Quesadillas
	Gluten Free	As above	Chicken Goujons (if available)	Mini toad in the hole	As Above	Fish Fingers
	Jacket Potato	Cheese & Beans	Tuna & Beans	Cheese & Tuna	Beans & Cheese	Tuna/Chesse & Beans
	Side Dish	Pasta salad	Noodles Chioce of sweet 'n' Sour or BBQ Sauce	Mash Potatoes Gravy	Wedges & Bean	Chips & Beans
	Vegetables	Sweetcorn & Salad bar	Salad bar & Peas	Country mixed Veg	Salad bar	Salad bar
	Packed Lunch	Wraps	Baguettes	Baguettes	Baguettes	wraps
	Dessert	Fresh Fruit or Yoghurt	Schools choice of sponge Cake	Chocolate Flapjack	Fresh Fruit or Yoghurt	Chocolate Anzacs
	Drinks	Milk or Water	Milk or Water	Milk or Water	Milk & Water	Milk or Water



# 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 appraised 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 when 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 Inaley 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.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

X @wake\_up\_weds

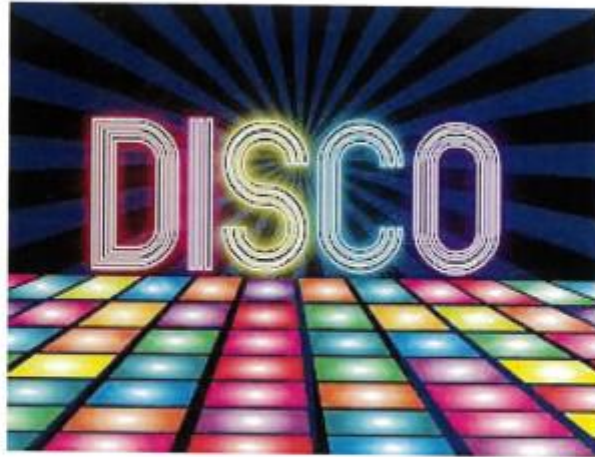
f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.12.2024





**FRIDAY 28<sup>th</sup> February 2025**

**Year 3 and 4**

**4:00pm – 5:00pm**

**Year 5 and 6**

**5:15pm – 6:15pm**

**£4**

**Payable via  
ScoPay**

**There will be a tuck shop where children can purchase drinks and snacks.  
Prices vary from 30p to 50p.**



## Dear Parents & Guardians,

As part of your child's curriculum PE and extra curricular activities they participate in sessions led by the children's activity, education, and childcare provider, Essex Professional Coaching. **(Hey...that's us 😊)**

We work in partnership with your child's school to enhance their access to high quality PE, Sport, and Physical Activity giving them access to memorable experiences that will last a lifetime.

During the school holidays we run Ofsted registered Football & Activity childcare clubs.

Working in partnership with your child's school allows us to provide families of **Perryfields Junior School** with a unique code that entitles you to 10% discount on any holiday camp booking with us.

**YOUR UNIQUE DISCOUNT CODE: PERRYFIELDS10**

To access the full timetable of upcoming holiday camps in your area simply click and follow the link:

[> epcoaching.co.uk/holiday-camps/book <](https://epcoaching.co.uk/holiday-camps/book)

All booking is online ensuring a smooth process to confirming your child's place at camp. If you have any questions feel free to get in touch with Elle in our admin team via the email address: [admin@epcoaching.co.uk](mailto:admin@epcoaching.co.uk)

Kind regards,



*Jake Dye*

**Jake Dye | Holiday Activities Manager**  
Essex Professional Coaching



**Essex Professional Coaching**

27 Mayfly way, Ardleigh,  
Colchester, CO7 7WX

 [jake.dye@epcoaching.co.uk](mailto:jake.dye@epcoaching.co.uk)

 01206 670 237  [epcoaching.co.uk](https://epcoaching.co.uk)



# Essex Fire Museum Open Days



Tuesday 18 and  
Sunday 23 February  
2025

10:30AM  
To  
4:00PM

Fire Station, Hogg Lane, Grays  
RM17 5QS

Book Now



[Museum@essex-fire.gov.uk](mailto:Museum@essex-fire.gov.uk)

Thursday  
20th Feb  
19:00 - 20:00  
FREE



## FREE SESSION

### Supporting Healthy Screen Use

A range of steps that can help minimise the harms from screens

Monday  
3rd Feb  
10:00 - 11:30  
£24



### Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday  
11th Feb  
19:00 - 20:30  
£24



### Facing Defiance

Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

Tuesday  
18th Feb  
19:00 - 20:30  
£24



### Cannabis & Ketamine Awareness

Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Tuesday  
25th Feb  
19:00 - 20:30  
£24



### Understanding the Teenage Brain

A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.



Understanding Anger	10 FEB 7pm
Supporting Healthy Screen Use	11 FEB 10am
Facing Defiance	14 FEB 7pm
Raising Self-Esteem	27 JAN 7pm 25 FEB 10am
Supporting Healthy Sleep	28 JAN 7pm 24 FEB 10am
Supporting a Child with ADHD	3 FEB 10am 3 MAR 7pm
Improving Family Communication	3 FEB 7pm 4 MAR 10am
AUTISM: Improving Communication	4 FEB 10am 4 MAR 7pm
Understanding Addictive Behaviour	4 FEB 7pm 3 MAR 10am
Anxiety-Based School Avoidance	10 FEB 10am 10 MAR 7pm
What is ACT?	17 FEB 10am 17 MAR 7pm
Introduction to OCD	17 FEB 7pm 18 MAR 10am
Anxiety Explained	18 FEB 10am 18 MAR 7pm
Cannabis & Ketamine Awareness	18 FEB 7pm 17 MAR 10am
Decreasing Depression	24 FEB 7pm 25 MAR 10am
Understanding the Teenage Brain	25 FEB 7pm 24 MAR 10am