



Perryfields Junior School

The Friday Flyer

Week 19 – January 2025

Headteacher's Message

Dear Parents and Carers,

On Monday 3rd February, our incredible Year 4 students took part in the Superstars Event at the Chelmsford Sports and Athletics Centre, and we are beyond proud of their outstanding performance. The afternoon was filled with energy, determination, and excitement, as our pupils showcased their talents and sportsmanship in a range of activities. From the very start, the children demonstrated exceptional behaviour, showing respect to both their teammates and the event organisers. Their enthusiasm was infectious, creating a positive atmosphere throughout the session. The determination displayed by our Year 4 superstars was truly inspiring. Despite facing tough competition, they pushed themselves to the limit, showing grit and perseverance in every event. It was clear that they had come prepared to give their best, and they did not disappoint. A special mention goes to Elliott, who secured 3rd place as the highest-scoring boy, and Elsie, who achieved the highest score overall as the top-scoring girl in the competition. We are also thrilled to announce that PJS finished in an impressive 3rd place overall!

A huge thank you to all the parents and carers who joined us for the recent Book Look after school. It was wonderful to see so many of you taking an interest in your child's progress and celebrating their hard work. Your involvement makes a real difference and is greatly valued by both the children and our staff.

This term, we've been blown away by the incredible creativity and effort poured into the Nando's Homework! From imaginative projects to thoughtful research and beautifully presented work, it's clear that our students (and their supportive families!) have embraced the challenge with enthusiasm. It's been a joy to see such a variety of ideas and talents on display—thank you for all your hard work. Keep up the fantastic effort; we can't wait to see what the children come up with next!

And finally, we would like to remind all parents and carers that our school is a nut-free environment. This is to ensure the safety of all our students, including those with severe nut allergies. Please avoid sending any food items that contain nuts, including peanut butter sandwiches, Nutella spread, or snacks with nuts listed as an ingredient. Your support in maintaining our nut-free policy is greatly appreciated and helps us provide a safe space for everyone.

Thank you for your cooperation.

Samantha Edwards



Pupil of the Week

Cowell: Jake
Seuss: Seb
Walliams: Oscar
Lewis: Sreeyan
Dahl: Grace M
Rowling: Isla
Tolkien: Evelyn
Morpurgo: Zarak
Pullman: Cassia

Award for
Outstanding Manners
Phoebe – Cowell Class
Rayna – Seuss Class

PE Award
Ahana – Cowell Class

Spellers Award
Morpurgo Class

Mrs Siddall's Attendance Award
Dahl 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	98.1%
Year 4	100%
Year 5	97.5%
Year 6	96.4%



Coming Up This Half Term

Monday 10 th February	Year 4 Trip to Colchester Castle - email sent 8 th January
Thursday 13 th February	Year 3 Ancient Egyptian Day. Parent volunteers needed - email sent 9 th January
Friday 14 th February	Year 5 Enterprise Day Tudors – Please join us at 9.15am, email sent 30 th January
Friday 28 th February	Year 4 Enterprise Day Romans – Please join us at 9.15am, email sent 29 th January
Friday 28 th February	School Disco – email sent 20 th January
Thursday 6 th March	World Book Day - Details to follow
Friday 14 th March	Book Fayre - Details to follow
Friday 28 th March	All Clubs finish
Tuesday 1 st April	Parents Evening – Details to follow
Wednesday 2 nd April	Parents Evening – Details to follow

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.



	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Jacket Potato Day	Nacho Chicken	Beef bolognese	Chicken Tikka Masala	Burger in a bun
Vegetarian	Jacket Potato Day	Nacho Quorn	Quorn bolognese	Vegetable Tikka Masala	Quorn Burger in a bun
Gluten Free	Jacket Potato Day	Nacho Chicken	Beef bolognese	Chicken Tikka Masala	GF Sausage
Jacket Potato	Bacon, Cheese, Beans, Tuna mayo, Tuna & Sweetcorn	Tuna & Beans	Cheese & Tuna	Beans & Cheese	Tuna/Cheese & Beans
Side Dish		Crispy Cubes & Beans	Garlic bread	Rice & Naan bread	Chips & Beans
Vegetables	Salad bar	Salad bar		Salad bar	Salad bar
Packed Lunch	Baguettes	wraps	Baguettes	Baguettes	wraps
Dessert	Chocolate Brownie	Frest Fruit or Yoghurt	St Clements Cake	Fresh Fruit or Yoghurt	YoYo Cookies
Drinks	Milk or Water	Milk or Water	Milk or Water	Milk or 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 screentime; 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 screentime 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 screentime, 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 screentime 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 screentime 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 screentime 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>

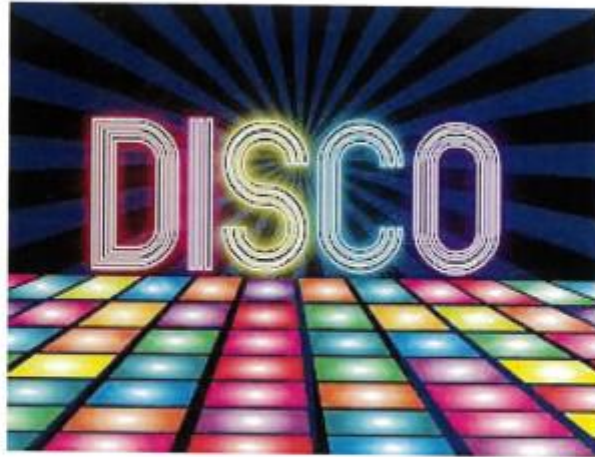
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FRIDAY 28th February 2025

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

Kind regards,



Jake Dye

Jake Dye | Holiday Activities Manager
Essex Professional Coaching



Essex Professional Coaching

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U11 Players

Want to perform at the highest level?

Want to play a year up for one of the most talented U11 teams in Essex?

Springfield FC have an established U11 team playing at U12s, Div.1 in the BCFA

Ahead of next season (September 2025) we want to add players to this team. 11v11 – BCFA Premier Division (U13s) Level. The season after... EJA U13s.

All positions considered

**TRIALS START FROM
1st APRIL 2025**

To enquire about trials – email: neillboulton@live.co.uk

EMAIL NEILL & SIGN UP NOW



MID-ESSEX I T T
INITIAL TEACHER TRAINING

*Could you train
to teach in 2025?*

Get in touch!

www.midessexteachertraining.com
admin@midessexteachertraining.com

01376 556398



February 2025

Newsletter

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.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

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