



Perryfields Junior School

The Friday Flyer

Week 21 – February 2025

Headteacher's Message

Dear Parents and Carers,

This week, our Year 4 students transported us back in time for their incredible Roman Empire Enterprise Day, and what a success it was! The entire school community had the opportunity to explore their engaging and informative stands, where they showcased their impressive knowledge of Roman life, inventions, and culture. From fascinating facts about Roman soldiers and daily life to hands-on activities and beautifully crafted projects, it was an exceptionally informative morning for everyone who attended.

In Monday's British Values assembly, Mrs. Markscheffel took us on an insightful journey exploring the importance of the rule of law. She emphasised that laws are the foundation of a fair and just society, guiding our actions and protecting our rights. Through engaging activities and thought-provoking discussions, students gained a deeper understanding of how laws help maintain order, ensure safety, and promote equality. Thank you, Mrs. Markscheffel!

This week, we are delighted to welcome Mrs. Hudson to our team as a Learning Support Assistant. She has already made a fantastic start, and we look forward to seeing the positive impact she will have on our pupils. We are also thrilled to welcome back Miss Howlett, who is returning to the team. It's wonderful to have her expertise and enthusiasm back in school! Please join us in giving them both a very warm welcome.

We are looking forward to celebrating World Book Day next Friday with a magical dress-up theme—come as your favourite fantasy or fairy tale character... or even an object from a story! Whether you choose to be a brave knight, a mischievous pixie, or a talking teapot, we can't wait to see your creative costumes. Alongside the fun of dressing up, we are especially thrilled to welcome storytelling maestro Mike Dodsworth, who will be leading captivating storytelling workshops throughout the day. It's set to be a fantastic celebration of books and imagination!

And finally, a quick reminder: please ensure your child arrives at school with their packed lunch. If a child believes they do not have a lunch and orders a school meal during registration, the cost will still be charged—even if their packed lunch is later delivered to school. Thank you for your understanding and have a lovely weekend!

Samantha Edwards

Pupil of the Week

Cowell: Ayan
Seuss: Finley
Walliams: Freddie
Lewis: Harry
Dahl: William
Rowling: Florence
Tolkien: Jess
Morpurgo: Oscar
Pullman: Archie

Award for
Outstanding Manners
Bryony – Lewis Class
Jessica – Tolkien Class

Spellers Award
Rowling Class

Mrs Siddall's Attendance Award
Seuss & 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	97.8%
Year 4	98.2%
Year 5	95.8%
Year 6	96.4%

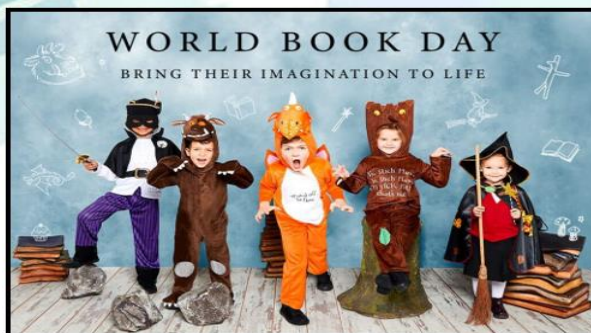


Coming Up This Half Term

Friday 7 th March	World Book Day – email sent 10 th February (please see below)
Thursday 13 th March	Science Fair – email sent 14 th February
Friday 14 th March	Book Fayre – details to follow
Tuesday 18 th March	SATs Talk for Year 6 parents. Please join us in the hall at 3.30pm – email sent 13 th February
Monday 24 th March	Easter Service to year 3 parents – email sent 25 th February. Tickets available from the school office
Tuesday 25 th March	Easter Service to year 3 parents – email sent 25 th February. Tickets available from the school office
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

When are we celebrating?

Friday 7th March
2025



What are we dressing up as?

Come dressed as your favourite fairy tale or fantasy character!

How are we celebrating?

Throughout the day, each year group will have a workshop by professional story teller, Mike Dodsworth. As well as this, we have a range of fun activities to promote reading for pleasure!

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.

Friday will be our special World Book Day menu. Details emailed 28th February. See poster below.

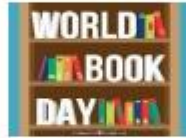
Week: One



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

WORLD BOOK DAY MENU

FRIDAY 7TH MARCH 2025



GRUFFALO PIZZA – BARBECUE CHICKEN

GEORGE'S MARVELLOUS PIZZA - CHEESE & TOMATO

WITH

HORRID HENRY'S HASH BROWN

&

SHREK'S SALAD BAR

CHARLIE'S CHOCOLATE CAKE

COST £2.50



This Photo by Unknown



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 where 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 Inley 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.



WakeUp Wednesday

The National College



As part of the week, we will be holding a science fair in the afternoon of Thursday 13th March 2025. This involves children completing a science project, which should also include a written report, a display board and potentially any models which accompany their investigations.

This year, the theme for Science week is 'Change and Adapt'. This could take the form of an investigation linked to many different aspects of science such as Biology, Chemistry or Physics. As well as this, it could be centred around animals, humans or any other form or plant life/living things.

What to include:- If children are carrying out an experiment, then the report/display could consist of the title, possibly in the form of an open-ended question, a prediction, step by step method, their results in the form of a table / graph / labelled diagram or summary and finally a conclusion explaining their results. If they are carrying out research, then it should consist of the question being researched and set out using headings and subheadings to signpost their findings. This could take the form of a poster for younger children or a report or display board by older children. They could also consider different viewpoints and compare different opinions on the question being researched. If they are using secondary resources such as books or the internet, then older children should also make reference to where their information is taken from. This can be handwritten or typed on a computer. The display board could be a large piece of card / cardboard possibly folded so that it can stand on a table. It would be great to see photos and their written report on the display board. The children should make decisions on how they present it to ensure they have ownership of their work.

Projects should be returned to school on the morning on Thursday 13th March, ready to exhibit for others that afternoon. **(Please do not bring it in earlier.)**

Here are a few examples of possible questions they could investigate:

- How do organisms adapt to environmental changes?
- How do humans change and adapt over their life span?
- How has climate change affected the world over time?
- How has _____ animal adapted over time to thrive in their environment?

The important thing when selecting a project is to choose something which interests you! If you are still struggling for project ideas, the internet has plenty of wonderful creative ideas. Children will get the opportunity in the afternoon to both display their own work for the rest of the school and to view and visit other classes to view their projects. For health and safety reasons, please ensure that no glass containers are used as part of your child's presentation. School will be open after school on Thursday 13th March for pupils and parents to come in and look at and share their science projects.

Have fun and thank you for supporting your child with this project. We look forward to seeing the finished products and listening to what the children have found out!

Mrs Canty

SPRING TERM
**ESSEX LOCAL
OFFER
ROADSHOWS**

Help us
improve our
information

Tell us about your
experience to help us
make our website work
better for you!

The Essex Local Offer

Information available to
children and young people with
special educational needs and
disabilities



Are you a parent or carer of a young person with special educational needs and disabilities (SEND) aged 0 to 25? Do you want to know what support is available in your area? Come along to one of our Essex Local Offer Roadshows.



You can chat with teams from Education, Health and Social Care, as well as local support groups and activity providers.



The marketplace is free and there is no need to book. Children are welcome!



Drop in between 9:30am and 12:30pm



Book your place on free workshops

Scan the QR Code for all the information, including dates and venues or visit the Essex Local Offer at:

<https://send.essex.gov.uk/i-think-my-child-needs-help/essex-local-offer-roadshows>



In Partnership with

