



Perryfields Junior School

The Friday Flyer

Week 23 – March 2025

Headteacher's Message

Dear Parents and Carers,

Firstly, a huge well done to our Year 6 football squad for their fantastic performance in Monday's friendly against Tyrrells. The team displayed outstanding sportsmanship, determination, and teamwork throughout the match. Their hard work paid off as they secured a well-deserved victory (11-0!)—an amazing achievement!

This week, some of our Year 4 pupils took part in an exciting public speaking workshop with The Mighty Oak, and they truly impressed the team with their confidence, articulation, and enthusiasm! The workshop provided a fantastic opportunity for the children to develop their speaking and presentation skills, and they rose to the challenge brilliantly. A huge well done to everyone who took part. We now look forward to selecting our competition team, who will begin preparing for the event later this year—wish them luck!

Our Year 3 to Year 6 cross-country runners did the school proud on Tuesday, achieving numerous personal bests! A special congratulations to Thomas W for finishing in 1st place and Coby M for securing 3rd place among all Year 5 and Year 6 boys. Well done, everyone!

I was truly amazed by the exceptional quality of scientific learning and exploration throughout our Science Day on Thursday. The morning was filled with exciting science experiments and investigations exploring the theme Adapt and Change, which our school governors had the opportunity to observe. It was fantastic to see the children fully engaged in hands-on learning and confidently sharing their scientific understanding. In the afternoon, the Science Fair gave them the chance to present their projects to their peers, parents, and visitors, demonstrating their curiosity and creativity. A huge thank you to Mrs. Canty for organising such an inspiring and insightful day of science!

Finally, thank you for supporting today's Bandwagon Book Fair—it was a tremendous success! We hope the funds raised will allow us to purchase a fantastic selection of books, bringing us one step closer to our goal of enriching children's knowledge and inspiring a lifelong love of reading.

Wishing you a fantastic weekend.

Samantha Edwards



Pupil of the Week

Cowell: Aaron
Seuss: Harry S
Walliams: Logan
Lewis: Emily
Dahl: Jaxx
Rowling: Zaviar
Tolkien: Leonardo
Morpurgo: Lylah
Pullman: Talia

Award for
Outstanding Manners
Olivia – Lewis Class
Taelan – Pullman Class

PE Award
Thomas – Pullman Class

Spellers Award
Cowell Class

Mrs Siddall's Attendance Award
Cowell Class – 99.4%

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	97.1%
Year 4	97.3%
Year 5	96.8%
Year 6	95.9%



Coming Up This Half Term

Tuesday 18 th March	SATs Talk for Year 6 parents. Please join us in the hall at 3.30pm – email sent 13 th February
Friday 21 st March	Red Nose Day (non uniform day) – email sent 12 th March
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 – email sent 13 th March
Wednesday 2 nd April	Parents Evening – email sent 13 th March

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

YOUR CHILDREN NEED YOU

A New Course Written & Presented by 'The 2 Johns'



The New Course will Include:-

The Power of Influencers

The Impact of the Internet on Mental Health

Child Exploitation as young as **KS1**

How Gangs utilise the internet

Online Challenges & Safeguarding Children

The 2 Johns Communication model

This is a certified CPD Course

Friday 9th May 2025 from 09:15 to 15:30

The Toby Cavery, Basildon Essex. SS14 3WB

The cost is £160 + VAT per delegate and includes all refreshments

To request a booking form please email - booking@esafetytraining.org

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 apprised 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

**It was so well received 1st time round,
we are doing it again!**



Chemistry



Physics

Volcanic eruptions

Biology

**Flower
dissection**

Rockets



**Bubbling
potions**



And more!

SCIENCE WORKSHOP

**Friday 11th April 2025
Great Waltham Village Hall
9am - 3:30pm**



IGNITE THEIR CURIOSITY, ENRICH THEIR EXPERIENCE

**Special
offer**

£30 a child

7-11 year olds

Scan for booking information



@First_Class_Education



First Class Education



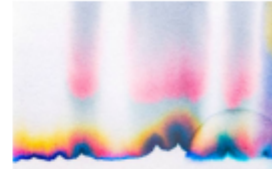
LED BY A QUALIFIED TEACHER AND GUEST EDUCATIONALIST

CRIME SCENE - DO NOT CROSS CRIME SCENE - DO NOT CROSS

Forensic Science Day



Collate the evidence to find the culprit



Chromatography



Who committed the crime?



Footprints

Have you got what it takes to be the best detective?



Fingerprint lifting



DNA



Monday 14th April 2025
Great Waltham Village Hall
9am - 3:30pm
7-11 year olds



Scan to book



@first_class_education



First Class Education

CRIME SCENE - DO NOT CROSS CRIME SCENE - DO NOT CROSS

ACL

FREE

**FAMILY SUPPORT
SESSIONS FOR PARENT
& CARERS**

ONLINE



**An opportunity for parents/carers, to come along and connect with a community dedicated to positive growth and development.
All sessions are online**

Sibling Rivalry

11/03/2025 1900 - 2100 Search 'Sibling' via our website

Sleep For Wellbeing

13/03/2025 0930 - 1130 Search 'Bitesize Sleep' via our website

Managing Big Emotions

25/03/2025 1900 - 2100 or 28/03/2025 1230 - 1430
Search 'Big Emotions' via our website

Family Wellbeing

27/03/2025 0930 - 1130 Search 'Family Wellbeing' via our website

Visit our website **aclessex.com** and type the key words above in to the 'Find a course...' box

**COMMUNITY & FAMILY
LEARNING**

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

For more information on what we
offer, visit www.essex.gov.uk
or call 0206 208 2080



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





March 2025 Newsletter

FACE delivers online support via zoom for parents across the UK
Talks are 90 minutes long, £24 each - Book Online at facefamilyadvice.co.uk



Schools can now buy a
FACE School Annual Membership
which means **ALL parents** and **ALL staff**
get unlimited **FREE access** to **ALL** 16 parent talks

Tuesday
4th March
10:00 - 11:30
£24



Improving Family Communication

How to reduce the shouting and
arguing and start the talking.

Tuesday
11th March
10:00 - 11:30
£24



Understanding Anger: Yours and Theirs!

What is anger? Why do we have it?
How do we manage it in ourselves and
in our children?

Tuesday
18th March
19:00 - 20:30
£24



Anxiety Explained

Anxiety, especially in our young is rising.
This session explains what it is, why it
happens and how you can help.

Tuesday
3rd April
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.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk



March Timetable

all sessions delivered live online via zoom £24 each 90 minutes long
book online at facefamilyadvice.co.uk

Understanding Addictive Behaviour	3 MAR 10am
Supporting a Child with ADHD	3 MAR 7pm
Improving Family Communication	4 MAR 10am
AUTISM: Improving Communication	4 MAR 7pm
Facing Defiance	10 MAR 10am
Anxiety-Based School Avoidance	10 MAR 7pm
Understanding Anger	11 MAR 10am
Supporting Healthy Screen Use	13 Mar 7pm
Anxiety Explained	18 MAR 7pm
What is ACT?	20 Mar 7pm
Understanding the Teenage Brain	24 MAR 10am
Supporting Healthy Sleep	24 MAR 7pm
Decreasing Depression	25 MAR 10am
Raising Self-Esteem	25 MAR 7pm
Supporting a Child with ADHD	3 APR 10am