



Perryfields Junior School

The Friday Flyer

Week 24 – March 2025

Headteacher's Message

This week has been another exciting and productive one at PJS, filled with a variety of activities, achievements, and opportunities for our pupils to shine.

On Tuesday, our gymnastic squads competed in an inter-school competition. Against a field of nine schools and some very tough competitors, they performed faultlessly, demonstrating incredible skill, precision, and confidence. Their hard work and dedication paid off as they secured an impressive 4th and 7th place overall—a fantastic achievement! A huge well done to everyone who took part, and a special thank you to Mrs. Gregory for her dedication in coaching the team.

On Wednesday, our hockey teams hit the field for an exciting Quicksticks hockey tournament. They represented our school with pride, demonstrating fantastic teamwork, determination, and many of our core values throughout the competition. Their sportsmanship and dedication were outstanding, earning them an impressive 1st and 11th place out of 30 teams!

Throughout the past week, our Year 3, 4, and 5 pupils have been working exceptionally hard on their termly assessments. Their teachers have been incredibly proud of the focus, determination, and enthusiasm they have shown in demonstrating all they have learned this term. Super efforts all around—well done!

Finally, a big thank you to our School Council, who organised a fantastic non-uniform day for Comic Relief today. A heartfelt thank you to all our parents and families for your generous contributions and for supporting Red Nose Day at PJS—your kindness and generosity make a real difference.

It has been a brilliant week, and we look forward to more exciting events and successes in the weeks ahead!

Samantha Edwards



Pupil of the Week

Cowell: Thanvikhaa
Seuss: Oscar GS
Walliams: Pracheth
Lewis: Bella
Dahl: Bobby
Rowling: Levi
Tolkien: Rosaline
Morpurgo: Isla
Pullman: Abel

Award for
Outstanding Manners
Sri – Lewis Class
James – Morpurgo Class

PE Award
Jaxx – Dahl Class

Spellers Award
Cowell Class

Mrs Siddall's Attendance Award
Lewis Class – 99.8%

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	97.7%
Year 4	99.2%
Year 5	94.5%
Year 6	95.8%



Coming Up This Half Term

Monday 24 th March	Easter Service to year 3 parents
Monday 24 th March	Morning clubs go live on ScoPay from 4.15pm
Tuesday 25 th March	Easter Service to year 3 parents
Friday 28 th March	All clubs finish
Tuesday 1 st April	Parents Evening – email sent 13 th March. Please book your appointment through School Spider from Wednesday 19 th March 6pm
Wednesday 2 nd April	Parents Evening – email sent 13 th March. Please book your appointment through School Spider from Wednesday 19 th March 6pm
Friday 4 th April	School finishes at 1.30pm

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
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 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



Rockets

**Bubbling
potions**



Biology

**Flower
dissection**



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



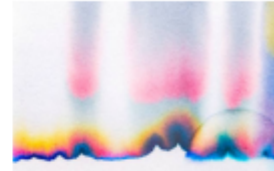
LED BY A QUALIFIED TEACHER AND GUEST EDUCATIONALIST

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

Forensic Science Day



Collate the evidence to find the culprit



Chromatography



Footprints

Who committed the crime?



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

Disney
DIARY
of a
Wimpy Kid



WEDNESDAY 9TH AND THURSDAY 10TH APRIL 2025

THE OLD COURT THEATRE, CHELMSFORD

ACTING, DRAMA GAMES,
CRAFTS, FUN!

10am – 2pm price includes both days

£45 per child – Ages 5 – 13

**THE
DRAMA
CENTRE** Public Speaking
and Acting



WEDNESDAY 16TH AND THURSDAY 17TH APRIL 2025

THE OLD COURT THEATRE, CHELMSFORD

ACTING, DRAMA GAMES,

CRAFTS, FUN!

10am – 2pm price includes both days

£45 per child – Ages 5 – 13

**THE
DRAMA
CENTRE** Public Speaking
and Acting

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**


Essex County Council

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

Find out more about the
support and services available
with Special Educational Needs
and Disabilities (SEND)



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