



Perryfields Junior School

The Friday Flyer

Week 5 – October 2025

Headteacher's Message

Dear Parents and Carers,

Our afternoon sports clubs have got off to a fantastic start this week – it has been wonderful to see so many children getting active, having fun, and even discovering new interests! The enthusiasm and energy on display has been brilliant, and we're thrilled to see such high levels of participation. Next week, our teacher-led clubs will begin too, offering even more exciting opportunities for children to get involved. We can't wait to see lots of pupils taking part and making the most of what's on offer.

A huge well done to the children who represented our school at the Table Tennis event held at The Sandon School on Tuesday. They showed incredible determination, teamwork, and resilience throughout the day, and their efforts made us all extremely proud. Congratulations to every child who took part – your hard work and positive attitude shone through.

Looking ahead, next Friday we will be marking World Mental Health Day with a non-uniform day. To celebrate, children are invited to come in non-uniform and, if possible, add a touch of yellow – whether through clothing or accessories – as a simple yet powerful way to show support for this important cause. We will also be raising funds to further develop and strengthen our school's mental health provision. Every contribution, no matter the size, will make a real difference, and we are truly grateful for your support.

I would also like to take this opportunity to remind families about our school uniform expectations. Children should be coming into school in their full uniform, which includes ties and school shoes. We have noticed that too many children are still arriving without ties or wearing trainers, and we kindly ask for your support in addressing this. If your child requires an adaptation to the school uniform due to specific needs, please do contact the school office so that we can support you appropriately.

Wishing you all a happy and restful weekend!

Mrs S Edwards



Pupil of the Week

Cowell: Tanvik
Seuss: Ismail
Dahl: Sofia
Lewis: Anaisha
Walliams: Dillon
Rowling: Zuhaira
Tolkien: Olivia T
Morpurgo: Coby
Pullman: Evelyn

Mrs Siddall's Attendance Award
Seuss, Rowling & Tolkien – 100%

Award for
Outstanding Manners
Ezra – Cowell Class
Sananya – Lewis Class

PE Award
Luca – Lewis Class

Spelling Award
Lewis Class

Random Act of Kindness
Luca – Lewis Class
Alisa – Rowling Class
Alice – Pullman Class
Adam – Pullman Class

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	97.7%
Year 5	100%
Year 6	96.3%



Coming Up This Half Term

Tuesday 7 th October	Teacher Clubs start – confirmation email has been sent
Thursday 9 th October	Choir Club starts - confirmation email has been sent
Wednesday 15 th October	WW2 day workshop year 6 – email sent 12/9/25
Friday 17 th October	Ancient Greek workshop year 4 – email sent 12/9/25
Monday 20 th October	Parents Evening – details to follow
Tuesday 21 st October	Life in Saxon Britain workshop year 5 – email sent 10/9/25
Wednesday 22 nd October	Parents Evening – details to follow
Thursday 23 rd October	Year 6 Enterprise Day – details to follow
Thursday 23 rd October	Break the Rules Day! – details to follow

Reminders/Notices

PE Kits: Children should have a pe kit in school every day. Children should be able to remove earrings on their own.

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
Main course	Meat	Macaroni & Cheese	Oriental Chicken	All Day Breakfast Sausage	Ham & Cheese Quiche	Chicken Chunks
	Vegetarian	Macaroni & Cheese	Oriental Meat Free Strips	Meat Free Sausage	Cheese Quiche	Quorn Dippers
	Gluten Free	Macaroni & Cheese	Oriental Chicken	Gluten Free Sausage	Cheese Quiche	Gluten Free Chicken Goujons
	Jacket Potato	Beans & Cheese	Beans & Tuna	Tuna & Cheese	Cheese & beans	Tuna,Cheese & Beans
	Side Dish	Garlic Bread	Noodles	Scrambled Eggs Hash Browns Beans	New Potatoes	Chips
	Vegetables	Sweetcorn Salad Bar	Green Beans Carrots Salad Bar	Mushrooms Tomatoes	Sweetcorn & Peas Salad Bar	Beans Peas
	Packed Lunch	Baguette (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)	Baguette (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)
	Dessert	Rocket lolly	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Blueberry & Lemon Muffins	Shortbread
	Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

Perryfields Film Night

Friday 17th October

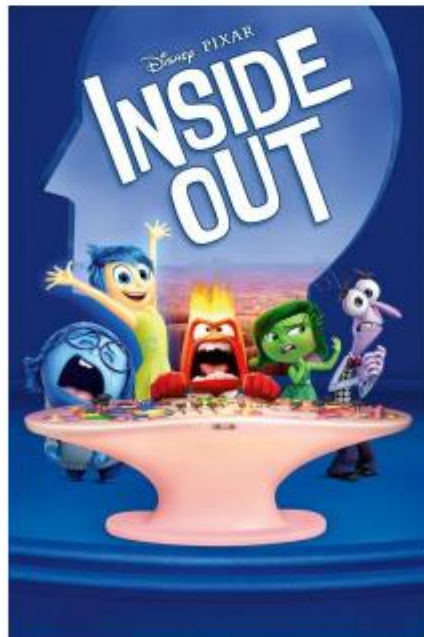
3:15pm-5:30pm

£5 each

***Includes a drink and
popcorn***

Spaces are limited so please book early to avoid disappointment

Please place cash in an envelope, labelled with your child's
name and class and bring to the school office



HOLIDAY COURSES

Bikeability Level 1 & 2 and Learn to ride courses.

Venues: Witham, Harlow & Chelmsford

To book, please visit link

essex.cycleready.co.uk/publicbooking

There is a £15 non-refundable booking fee



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GREENER
HEALTHIER**



Essex County Council

RED ROSES England Rugby

PLAY. CREATE. BELONG.

CHELMSFORD RFC

FREE Girls' Training Session, U6 – U14 (Yr1 – Yr9)
Sunday 5th October

U6 – U9 at 09:00 – 10:00; U10 – U14 at 10:30 – 11:30

Coronation Park, Timsons Lane, CM2 6AG

rugby rugby rugby rugby rugby rugby rugby rugby rugby rugby rugby

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time; they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how bodies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMINDE YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Deborah Jennings, a former primary school teacher, has spent 20 years working in education, from primary school to colleges and higher education providers. A published author on the subject, she also advises the Department of Education on the best training element of the KS2 curriculum.



NOS National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com

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Helen Rollason Cancer Charity

Christmas

GIFT & FOOD MARKET

Sunday 30th November 2025
10:00am to 4:00pm

CHELMSFORD CITY RACECOURSE

A magical and inspiring
festive shopping experience
with live entertainment,
delicious treats
and so much more.

Adult - £7

Concessions - £6

Child 16 and under - £3

Prebook online
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Don't miss this magical winter event!

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For more information call 01245 380719
or email fundraising@helenrollason.org.uk



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SCAN ME



Registered Charity No: 1052861



BollyChelms

BOLLYWOOD DANCE CLASSES

THE CHELMSFORD DANCE CENTRE
38 CHURCH STREET, GREAT BADDOW, CM2 7HY

FIRST CLASS FREE!

£7 PER CLASS AFTER

SUNDAYS

12TH OCT - 10:30AM

16TH NOV - 4PM

26TH OCT - 10:30AM

23RD NOV - 4PM

AGES 7-16



@BOLLYCHELMS



07809 444749

BOLLYCHELMS@GMAIL.COM

**GET IN TOUCH FOR MORE DETAILS & TO BOOK A SLOT!
RUN BY DR. DHRUMI SHAH**