



Perryfields Junior School

The Friday Flyer

Week 19 – January 2026

Headteacher's Message

Dear Parents/Carers,

This week, our Diversity Defenders led a whole-school assembly exploring the life and legacy of Martin Luther King Jr. They spoke confidently about the importance of respect, fairness and determination, and how Dr King's courage continues to inspire us to stand up for what is right. Pupils were encouraged to reflect on how small, everyday actions can make a big difference. We are extremely proud of how thoughtfully and passionately the children shared these powerful messages — well done to our Diversity Defenders for such an inspiring assembly.

Our new Year 4 lunchtime Ukulele Club is off to a fantastic start. Pupils have been learning their first chords, playing together as a group, and having great fun making music. It has been wonderful to see their confidence grow as they try something new. A huge thank you to our music teacher, Mrs Maxwell, for giving up her time to run the club — it is very much appreciated.

We were also pleased to welcome The 2 Johns, who led an engaging session on how to stay safe online. Through discussion and age-appropriate examples, pupils learned about making sensible choices, protecting personal information, and knowing what to do if something online makes them feel uncomfortable or unsure. The session encouraged thoughtful discussion and helped pupils develop important skills to keep themselves safe in the digital world.

We are looking forward to welcoming parents and carers into school for our Book Look on Tuesday 3rd February, straight after school. This will be a valuable opportunity to look through your child's work and celebrate the learning they have completed since September. There will also be an opportunity to pop back into school after you have collected your child at 4.15pm if they are attending a club.

Have a lovely weekend.

Mrs S Edwards



Pupil of the Week

Cowell: Joseph
Seuss: Teddy
Dahl: Leo
Lewis: Sananya
Walliams: Marcus
Rowling: Alyan
Tolkien: James
Morpurgo: Zaviar
Pullman: Ezara

Award for
Outstanding Manners
Jana – Seuss Class
Alex To – Morpurgo Class

PE Award
Emily – Rowling Class

Spellers Award
Seuss Class

Mrs Siddall's Attendance Award
Seuss – 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	99.3%
Year 4	97.7%
Year 5	95.1%
Year 6	93.4%



Coming Up This Term So Far!

Saturday 31 st January	Year 6 Residential 6 th payment due – email sent
Tuesday 3 rd February	Year 4 Superstars Trip – email sent
Tuesday 3 rd February	Book Look – email sent
Wednesday 4 th February	Year 3 Egyptian Day – email sent. Volunteers needed
Friday 6 th February	Year 4 Colchester Castle Trip - email sent
Thursday 12 th February	Year 5 Enterprise Day – Parents to join us at 9.15am. Email sent
Friday 13 th February	Year 4 Enterprise Day – Parents to join us at 9.15am
Thursday 26 th February	Choir Club starts – email sent
Tuesday 3 rd March	Year 5 St Osyth Priory Trip – email sent. Volunteers needed
Thursday 5 th March	World Book Day, Heroes and Villains - Book Fayre to Visit – Email sent
Friday 6 th March	School Disco – Details to follow
Monday 9 th March	Uniform Sale – School Hall from 3.30pm
Tuesday 17 th March	Year 3 Easter Production- Details to follow
Monday 23 rd March	Art Gallery & Easter Cake Sale – Change of Date
Tuesday 24 th March	Parents Evening – Details to follow
Wednesday 25 th March	Parents Evening – Details to follow

Reminders/Notices

PE Kits: Children should have a pe kit in school every day. **All children should have a tracksuit in school to wear for outdoor activities.** Children should be able to remove earrings on their own.

Please see the menu below

Please note that we can also provide a jacket potato or 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 da

Week: **One**



Main course	Meat	Pepperoni Baguette Pizza	Chicken Korma	Roast Gammon Steak	Homemade Sausage Roll	Chicken Chunks
	Vegetarian	Cheese & Tomato Baguette Pizza	Vegetable Curry	Garlic and Herb Roast fillet	Cheese and Onion Roll	Quorn Dippers
	Gluten Free	Gluten Free Pizza	Chicken Korma	Roast Gammon Steak	Cheese and Onion Roll	Gluten Free Chicken Goujons
	Jacket Potato	Tuna & Cheese	Cheese & Beans	Beans & Tuna	Cheese & Beans	Tuna, Cheese & Beans
	Side Dish	Pasta Salad	Wholegrain Rice Naan Bread	Gravy	Beans	Chips & Beans
	Vegetables	Sweetcorn Salad Bar	Salad Bar	New Potato Broccoli	Mash Potato Salad Bar	Salad Bar
	Packed Lunch	Baguette (Tuna, Cheese or Ham)	Baguette (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)	Baguette (Tuna, Cheese or Ham)
	Dessert	Fresh Fruit Yoghurt	Goey Chocolate pudding	Fresh Fruit Yoghurt	Melting Moments Biscuits	Fruit Crumble Muffin
	Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

February Half Term Clubs Now Open for Booking with Essex ActivAte

Essex ActivAte half term clubs are now live to book, which **offer free spaces for eligible families across Essex**. These clubs continue to play an important role in supporting local communities by providing school aged children with access to high quality activities, including sports, creative arts, wellbeing sessions, food education, and opportunities to build confidence and form new friendships. With nearly 100 clubs operating county wide, families can expect a diverse range of enriching experiences throughout the school break.

A HolidayActivities voucher code is not required to book. Families can simply visit the **Find Your Active Activity Finder**, locate their nearest club, and contact the provider directly to secure a free place. Clubs are also offering paid for and paid spaces, so there is something for everyone at an Essex ActivAte club!

What Parents & Educators Need to Know about

DEEPAKES

WHAT ARE THE RISKS?

A "deepfake" generates photos, videos and audio via AI models trained on the subject to mimic their look and sound, making it appear they said words or committed acts that never occurred. While initially unsophisticated and easy to identify, deepfakes are increasingly more convincing as the technology behind them continues to improve at a solid pace.

FAKE NEWS

With the technology getting easier to use and public figures having lots of photos and clips to train AI from, deepfakes are often used to spread fake news, propaganda and scams. For example, in 2023, an audio deepfake of Labour leader Sir Kier Starmer designed to make him sound like he was breasting an aid was pushed by propagandists on X.

SCAMS

With the right training material, deepfakes can be made from anyone's voice and appearance, and that means scammers can take advantage. In 2019, criminals faked the voice of an energy company's CEO to steal £230,000 from the company, and private citizens have also been targeted. In 2022, an Arizona mother was the subject of a fake kidnapping phone call, using deepfaked audio of her daughter pleading for her life.

EXTORTION

You might not be the one being tricked by a deepfake – you could also be the star of it. Blackmail videos are as old as film itself, but with deepfake technology you could become a target without even doing anything. A deepfake video showing a person in an uncompromising position could make the victim pay up, even if the scenes depicted are entirely fictitious.

EXPLICIT MATERIAL

A 2019 report claimed that 90% of deepfake videos were pornographic in nature. In other words, users were realistically superimposing the faces of other people onto the bodies of pornographic actors. This is creepy in its own right but can also lead to the kind of extortion highlighted above if the video looks convincing enough. Indeed, the FBI warned about this phenomenon in 2023.

Advice for Parents & Educators

KEEP THOSE PROFILES PRIVATE

To make a convincing deepfake, you need a supply of images, audio, or video of the subject. This means that most non-celebrity victims are targeted via social media, where there's a ready-made repository of media to train a deepfake from. Most social media companies have privacy settings to prevent unauthorised access, enable these to keep strangers away.

KNOW THE SIGNS

While deepfake technology has come on in leaps and bounds in recent years, there are still telltale signs to look and listen out for. The process of creating deepfakes can leave blurry edges and flickering textures, especially around hair and teeth, if the mouth doesn't seem to be moving in relation to the words spoken, that's another telltale sign. For audio, listen out for mispronounced words and a slightly unusual, robotic rhythm of speech.

USE RESEARCH AND COMMON SENSE

More sophisticated deepfakes won't have obvious signs but can still be spotted with critical thinking and investigation. If you see a friend or family member in what you think is a deepfake, you could contact them directly and clear it up with them. For public figures, look them up to discover if what you saw was legitimate. Also employ critical thinking – think about why this clip could have been made.

INFORM AND EMPOWER CHILDREN

As well as emphasising the need for privacy and not trusting everything they see online, it's important to ensure children realise why deepfakes are problematic in the first place. With deepfake technology getting more accessible and easier to use, children can start using the technology to make deepfakes of schoolmates, teachers, or other adults. Make sure they're aware of the harm this technology can cause and the ethics of manipulating someone's image in this way.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

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FEBRUARY 2026 Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Autism - Improving Communication	2 Feb 10am
Improving Family Communication	2 Feb 7pm
Supporting A Child with ADHD	3 Feb 10am
Understanding Addictive Behaviour	3 Feb 7pm
Anxiety Based School Avoidance	9 Feb 10am
Anxiety Explained	16 Feb 10am
Cannabis and Ketamine Awareness	16 Feb 7pm
What is ACT?	17 Feb 10am
Introduction to OCD	17 Feb 7pm
FREE - Reducing the Harm from Screens	19 Feb 7-8pm
Understanding the Teenage Brain	23 Feb 10am
Raising Self-Esteem	23 Feb 7pm
Decreasing Depression	24 Feb 10am
Supporting Healthy Sleep	24 Feb 7pm
Understanding Anger	9 Mar 7pm
Facing Defiance	10 Mar 7pm

Kids Inspire Holiday Club

Our free Holiday Club is run once a week during most school holidays. It creates a safe space for children to:

- participate in meaningful activities
- make friends and socialise
- access lunch and snacks

and all of this is while developing social and communication skills and exploring new talents or interests.

Who is Holiday Club for?

Holiday Club sessions are booked and offered to families according to criteria. Priority will be given to those from lower income families, in receipt of pupil premium or eligible for free school meals.

Activities are free and suitable for children aged 6 and over in primary school.

For more information you can [read our Holiday Club Terms and Conditions.](#)

Where are the Holiday Club activities?

Activities are held at our Kids Inspire HQ, Hargrave House, Hollycroft, Great Baddow, Chelmsford, CM2 7FW

Time: 10:30am-3:30pm

Upcoming dates for 2026 Holiday Clubs:

Tuesday 17 February 2026 - Animal Discovery with Eden Oasis

This February half term, children will have the chance to meet and handle eight amazing animals with a visit from Eden Oasis! **Please be aware that this will include cockroaches, leaf insects, royal python, blue tongue skunk, tortoise, ferrets, armadillo and rabbits.**

Expressions of interest are now open for our February activity, please **complete our [expression of interest form.](#)**

[Eden Oasis - Animal Discovery Tuesday 17 February 2026 – Fill in form](#)

NATURE & ECO-SYSTEM WORKSHOP WILDERNESS

FOUNDATION UK

🌿 Nature & Eco Workshop 🌿

For children aged 7-11 years

Parents are asked to stay present during the session.

Join The Wilderness Foundation for an interactive, hands-on workshop where children can explore the wonders of the natural world!

Workshop highlights:

- Fascinating show & tell featuring natural items, including animal skulls, bees, and insects
- Engaging activities exploring ecosystems and how different species depend on one another

Tickets: £8 per child (to be purchased for each child attending)

Don't miss this chance for your child to discover, learn, and get hands-on with nature!

TO BOOK YOUR TICKETS TO BOOK PLEASE GO TO
WWW.EVENTBRITE.CO.UK AND SEARCH CHELMSFORD GARDEN
COMMUNITY TRUST EVENTS OR SCAN THE QR CODE

📞 01245 468911

✉ enquiries@beaulieuhub.uk

📍 Beaulieu Community Centre, CM1 6AU



17th February 2026
14:00 - 17:00

SCAN ME





SPACE

SPACE offers free support to families of children and young people with SEND.

Delivered by peer educators – all parents and carers with lived experience.

Get support your way:

-  **in person** – meet us at Local Offer roadshows, coffee mornings, and community events
-  **by phone** – talk one-to-one with a peer educator
-  **online** – join webinars on key topics, led by peer educators
-  **on the SPACE website** – find helpful info and guidance anytime



Book your place for an online session, or a phone call today!

parent-send-support.essex.gov.uk

