



Perryfields Junior School

The Friday Flyer

Week 22 – February 2026

Headteacher's Message

Dear Parents/Carers,

It has been a real pleasure to welcome everyone back after half term and to see such a strong and positive start to the new term. As I visited classrooms this week, I was struck by the calm focus and sense of purpose throughout the school. Pupils have returned ready to embrace their learning, showing resilience, pride and a genuine determination to do their very best. The quality of discussion, presentation and engagement on display has been impressive and sets a wonderful tone for the weeks ahead.

On Tuesday, our Diversity Defenders led a meaningful and informative assembly on Ramadan. They spoke with confidence and maturity, helping us to understand the significance of this sacred month for Muslims around the world. By explaining the values of fasting, prayer, reflection and generosity, they highlighted the importance of empathy, gratitude and supporting those in need. Their assembly was a powerful reminder of the strength of our inclusive community and the value of learning from one another.

We are also extremely proud of our Maths Quiz Team, who represented the school brilliantly in the Maths Quiz Club semi-finals. Facing challenging questions, they demonstrated excellent teamwork, sharp thinking and admirable composure under pressure. To reach the semi-final stage is a fantastic accomplishment, and they did themselves — and our school — proud.

Looking ahead, we are excited to celebrate World Book Day next Thursday with our Heroes and Villains dress-up theme. We are sure the school will be filled with colour, creativity and a shared love of reading as children bring their favourite characters to life. Families are warmly invited to visit the Book Fair after school to explore a wide range of exciting titles. We are also delighted that the legendary Mike Dodsworth will be joining us on Friday for storytelling workshops, inspiring our pupils with his engaging and imaginative approach to stories.

Have a lovely weekend!

Mrs S Edwards



Pupil of the Week

Cowell: Pippa
Seuss: Summer
Dahl: Yaatik
Lewis: Amaya
Walliams: Yuvin
Rowling: James
Tolkien: Aidan
Morpurgo: Leah
Pullman: Maelyn

Award for
Outstanding Manners
Lara – Pullman Class
Monty – Pullman Class

PE Award
Sofia – Dahl Class

Spellers Award
Dahl Class

Mrs Siddall's Attendance Award
Rowling Class – 99.2%

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	95.8%
Year 4	97.5%
Year 5	96.7%
Year 6	94.5%



Coming Up This Term So Far!

Tuesday 3 rd March	Year 5 St Osyth Priory Trip – email sent.
Thursday 5 th March	World Book Day, Heroes and Villains - Book Fayre to Visit – Email sent
Friday 6 th March	School Disco – Email sent – Tickets can be purchased through ScoPay
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

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 day.

Thursday is our special World Book Day themed lunch. Please see poster below.

Week: Two				
	Monday	Tuesday	Wednesday	Friday
Meat	Pork and Apple Burger	Cheddar and Chicken Pasta Bake	Spaghetti Bolognese	Omega 3 Fish Fingers
Vegetarian	Cheese and Potato Slice	Cheese and Tomato Pasta Bake	Quorn Bolognese	Cheese Pinwheels
Gluten Free	Cheese and Potato Slice	Cheese and Tomato Pasta Bake	Spaghetti Bolognese	Gluten Free Fish Fingers
Jacket Potato	Beans & Cheese	Beans & Tuna	Tuna & Cheese	Tuna, Cheese & Beans
Side Dish	Jacket Wedges		Garlic Bread	Chips
Vegetables	Sweetcorn Salad Bar	Broccoli Sweetcorn Salad Bar		Beans
Packed Lunch	Baguette (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)
Dessert	Fresh Fruit Yoghurt	Iced Sponge Cake	Fresh Fruit Yoghurt	Fruit Muffins
Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk



World Book Day Themed Lunch



Thursday 5th March



Spaghetti and Meatballs

(Main, Vegetarian & Gluten Free)



Harry Potter Surprise Cupcakes

What House Will You Be?



FRIDAY 6th March 2026

Year 3 and 4

4:00pm – 5:00pm

Year 5 and 6

5:15pm – 6:15pm

£5

**Payable via
ScoPay**

**There will be a tuck shop where children can purchase drinks and snacks
for 50p**

Bake Sale

Monday 23rd March 2026

At the art gallery on Monday 23rd March, we will be raising money for **The Brain Tumour Charity**. If you can, please bring in cakes which will be sold during the cake sale. Staff will be baking their own too! Let's see how much 'dough' we can raise 😊

SCAN ME



Support Brain Cancer Research

Invest in brain cancer and give rights - turn terminal into treatable



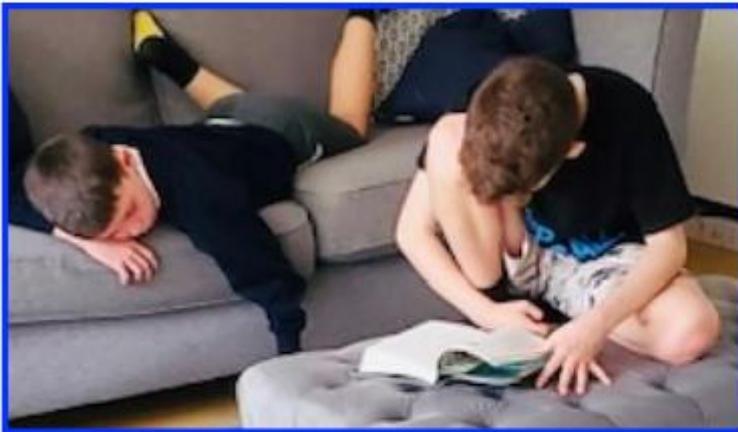
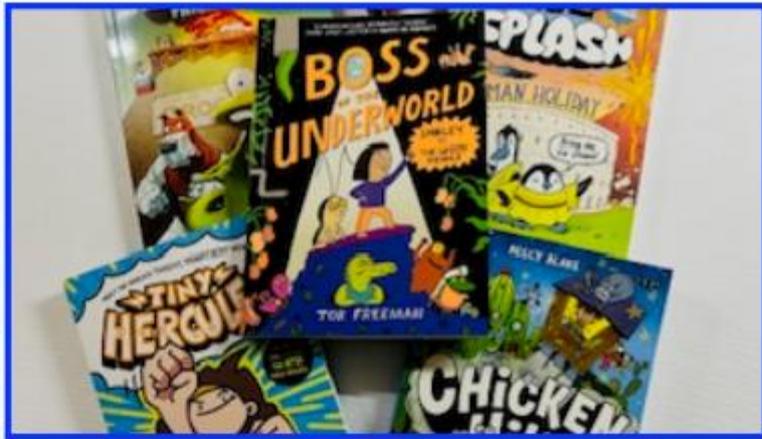


Hand out your World Book Day £1/€1.50 book tokens - book token redemption has begun!

From now until 15 March, children can use their £1/€1.50 book token to choose a free World Book Day book.

If you need digital tokens, you can now [download them here](#).

If you are looking for book stock please contact your local TG Jones store as soon as possible to ensure they can fulfil your order, while stocks last.



Popup Book Fair

Bookwagon Limited www.bookwagon.co.uk

#National Year of Reading 2026



Thursday March 5th

After Book Talk, introducing books specially selected, recommended and loved, Bookwagon Limited invites Perryfields Junior School community to purchase books. Every title is discounted by 25%.

Expect a rich variety of fantastic titles chosen by experienced, reading rich booksellers.

Every purchase builds a commission for your school to buy books. ©

www.bookwagon.co.uk

What Parents & Educators Need to Know about

DEEPPFAKES

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 Keir Starmer designed to make him sound like he was leveling 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 2018, criminals took the voice of an energy company's CEO to steal £220,000 from the company, and private citizens have also been targeted. In 2023, 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 uncomplimentary 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, Tech Radar, Tom's Guide, The Evening Standard and The New Statesman.



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March 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)

Improving Family Communication	2 Mar 10am
Autism - Improving Communication	2 Mar 7pm
Understanding Addictive Behaviour	3 Mar 10am
Supporting a Child with ADHD	3 Mar 7pm
Anxiety Based School Avoidance	9 Mar 10am
Understanding Anger	9 Mar 7pm
Supporting Healthy Screen Use	10 Mar 10am
Facing Defiance	10 Mar 7pm
Cannabis and Ketamine Awareness	16 Mar 10am
Anxiety Explained	16 Mar 7pm
Introduction to OCD	17 Mar 10am
What is ACT	17 Mar 7pm
Raising Self-Esteem	23 Mar 10am
Decreasing Depression	23 Mar 7pm
Supporting Healthy Sleep	24 Mar 10am
Understanding the Teenage Brain	24 Mar 7pm
FREE Anxiety Based School Avoidance	26 Mar 7-8pm



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

