



Perryfields Junior School

The Friday Flyer

Week 24 – March 2026

Headteacher's Message

Dear Parents/Carers,

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

Throughout the 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 while demonstrating all they have learned this term. A fantastic effort from everyone — well done!

Alongside the assessments, it has been wonderful to hear our Year 3 pupils rehearsing for their Easter production. Their enthusiasm, joyful singing and energetic actions have been a real delight to see and hear around the school. We look forward to welcoming Year 3 parents next week to enjoy the performance.

Our Year 3 to Year 6 cross-country runners also did the school proud on Tuesday, with many achieving impressive personal bests. A special congratulations goes to Ralph, Harry W and Coby, who finished in 3rd place overall across the Year 3, Year 4 and Year 6 boys' races and have qualified for the finals. A brilliant achievement—well done to all involved!

Today's Science Day was another highlight of the week. I was truly impressed by the exceptional quality of scientific learning and exploration across the school. This day's theme was Forensics, and the children were set the exciting mission of discovering who had stolen a missing iPad. From chromatography to fingerprint analysis, the pupils stepped into the role of professional scientists, carrying out experiments and investigations with great enthusiasm. It was fantastic to see them so fully engaged in hands-on learning and confidently sharing their scientific understanding. A huge thank you to Mrs Canty for organising such an inspiring and insightful day of science.

I hope you have a wonderful weekend.

Mrs S Edwards



Pupil of the Week

Cowell: Natalia
Seuss: Jack
Dahl: Alisha
Lewis: Lilian
Walliams: Menul
Rowling: Oscar
Tolkien: Darshan
Morpurgo: Sitara
Pullman: Ada

Mrs Siddall's Attendance Award
Dahl Class – 100%

Award for
Outstanding Manners
Smyuti – Dahl Class
Alisha – Dahl Class

PE Award
Afraz – Dahl Class

Spellers Award
Walliams Class

Random Act of Kindness
Miss Buckle – School Office

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%
Year 4	98.3%
Year 5	96.9%
Year 6	96.8%



Coming Up This Half Term

Tuesday 17 th March	Year 3 Easter Production - Please join us in the all at 9.15am - email sent
Friday 20 th March	Red Nose Day – Please make a donation through your ScoPay account
Monday 23 rd March	Art Gallery & Easter Cake Sale – Please bring cake donations to the school office in the morning. Please join us in the hall from 3.30pm – email sent
Tuesday 24 th March	Parents Evening – Please book through ScoPay, email sent
Wednesday 25 th March	Parents Evening – Please book through ScoPay, email sent
Friday 27 th March	End of Term – School finishes at 1.30pm
Tuesday 31 st March	Deposit due for Year 6 Residential Trip 2027 (current year 5's)

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.

		Week: Two				
		Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Meat	Pork and Apple Burger	Cheddar and Chicken Pasta Bake	Spaghetti Bolognaise	Sausage Casserole	Omega 3 Fish Fingers
	Vegetarian	Cheese and Potato Slice	Cheese and Tomato Pasta Bake	Quorn Bolognaise	Roasted Vegetable Casserole	Cheese Pinwheels
	Gluten Free	Cheese and Potato Slice	Cheese and Tomato Pasta Bake	Spaghetti Bolognaise	Sausage Casserole	Gluten Free Fish Fingers
	Jacket Potato	Beans & Cheese	Beans & Tuna	Tuna & Cheese	Cheese & beans	Tuna, Cheese & Beans
	Side Dish	Jacket Wedges		Garlic Bread	Mash Potato	Chips
	Vegetables	Sweetcorn Salad Bar	Broccoli Sweetcorn Salad Bar		Peas Salad Bar	Beans
	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	Fresh Fruit Yoghurt	Iced Sponge Cake	Fresh Fruit Yoghurt	Brownie	Fruit Muffins
	Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

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 😊

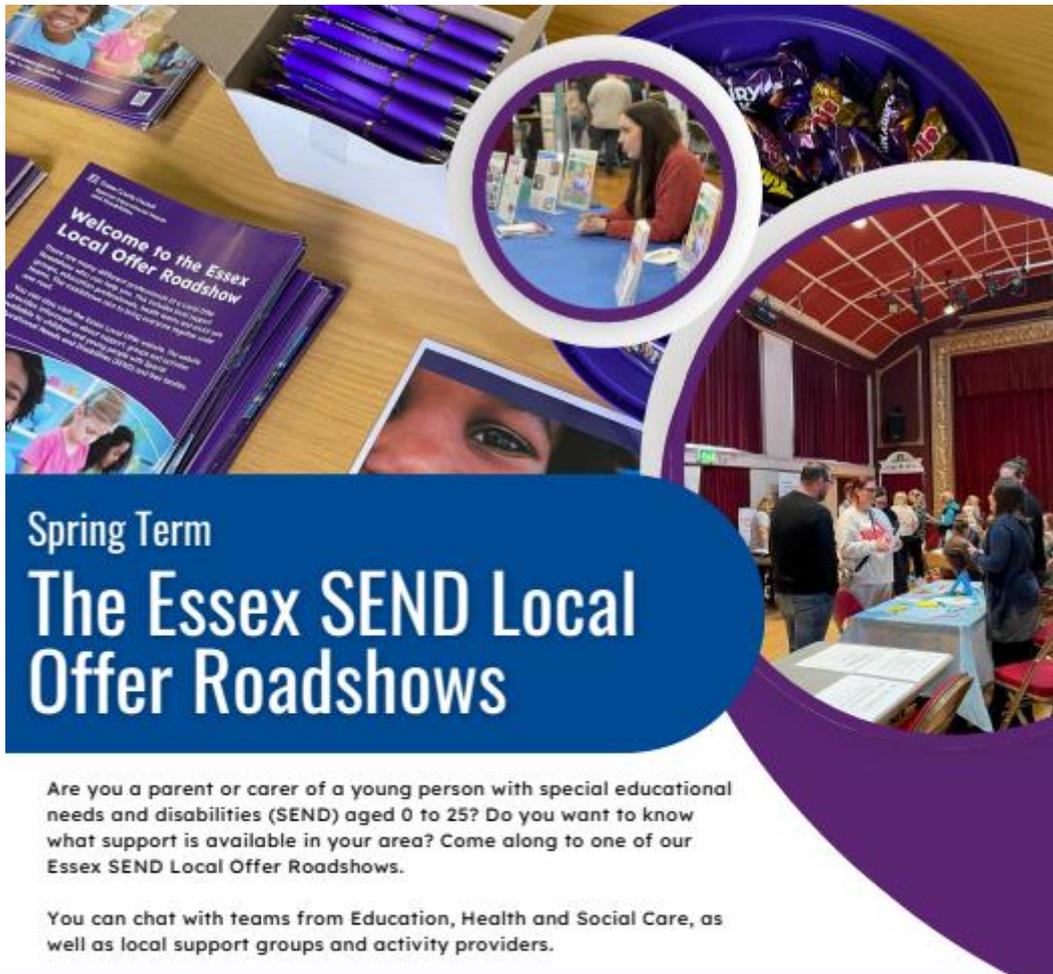
SCAN ME



Support Brain Cancer Research

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





Spring Term

The Essex SEND Local Offer Roadshows

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 SEND 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



This term we are in Chelmsford, Harlow, Colchester and Basildon



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





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.



At The National College, our **WakeUpWednesday** guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

DEEPFAKES

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 2020, an audio deepfake of Labour leader Sir Keir Starmer designed to make him sound like he was leaving 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 used 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 an 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 96% of deepfake videos were pornographic in nature. In other words, users were routinely 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 2022.

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.

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.

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.

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, Firm'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



Essex County Council
Special Educational Needs
and Disabilities



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



