



Perryfields Junior School

The Friday Flyer

Week 25 – March 2026

Headteacher's Message

Dear Parents/Carers,

This week has been full of fantastic achievements across the school.

Our Year 3 pupils took centre stage in their Easter assemblies, performing with confidence, enthusiasm, and real flair. They retold the Easter story beautifully through expressive narration, thoughtful acting, and impressive musical performances. Their singing was especially moving, and we were incredibly proud of the talent and dedication they showed—well done, Year 3!

Meanwhile, Year 6 have worked exceptionally hard during their mock SATs week. They approached each assessment with focus, resilience, and determination, showing great maturity throughout. We are extremely proud of their efforts—keep it up!

On the sports field, it has been another successful week. Our Year 6 football team delivered a fantastic performance in Monday's friendly against Springfield, showing great teamwork and sportsmanship to secure a well-earned 3–1 victory—well done to the whole squad.

Our gymnastics teams also impressed in Tuesday's inter-school competition. Competing against twenty schools, they performed with skill, precision, and confidence, achieving an outstanding 1st and 5th place overall. A huge congratulations to all involved, and a special thank you to Mrs Gregory for her dedication in preparing the team.

On Wednesday, our hockey teams represented the school brilliantly at a Quicksticks tournament. They demonstrated excellent teamwork, determination, and our core values throughout, finishing in a very impressive 3rd and 6th place. Well done to everyone who took part!

Finally, thank you to our School Council for organising a successful non-uniform day for Comic Relief today. We are also very grateful to our parents and families for your generous support—your contributions truly make a difference.

Mrs S Edwards



Pupil of the Week

Cowell: Whole Class
Seuss: Whole Class
Dahl: Aiyla
Lewis: Elif
Walliams: Mila
Rowling: Max
Tolkien: Dhanvin
Morpurgo: Buster
Pullman: Sienna

Mrs Siddall's Attendance Award
Cowell & Dahl – 99.6%

Award for
Outstanding Manners
Julia – Seuss Class
Zaviar – Morpurgo Class

PE Award
Seb – Lewis Class

Spellers Award
Walliams Class

Random Act of Kindness
Aadhvick – Cowell Class
Elodie – Rowling Class
Alisa – Rowling Class
Reggie – Rowling 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	99.3%
Year 4	98.4%
Year 5	97.2%
Year 6	96.6%



Coming Up This Half Term

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 – email sent
Wednesday 25 th March	Parents Evening – 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: **One**

	Monday	Tuesday	Wednesday	Thursday	Friday
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	Goopy Chocolate pudding	Fresh Fruit Yoghurt	Melting Moments Biscuits	Fruit Crumble Muffin
Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

The outbreak of meningitis in Kent has been heavily covered in the news and may be causing anxiety in Essex. The public health team at Essex County Council have said that there is no increased risk to anyone in Essex unless they have a direct link to a case of meningitis in the Kent outbreak and been contacted by the UK Health Security Agency. Simply being a contact of a person with a direct link does not increase the risk. If you would like to know more about the outbreak and how it is managed there is an update on the [UK Health Security webpage](#). If you would like to know more about meningitis and how to spot it the [NHS webpages](#) give good advice.

Free 11+ preparation sessions are available to support our pupils in their transition to secondary school.

Every Sunday at 4.00pm Vistar Learning is offering free, live 11+ preparation lessons.

These interactive online lessons cover key skills and question types for all major exam boards.

They are a fantastic, no-cost way for students to build confidence and prepare for upcoming assessments.

*When: Sundays at 4:00pm
Where: Online via the link below
Cost: Completely Free*

Book your place:

www.vistar-learning.com/schools-lessons

The holidays are fast-approaching

Are you *looking* for something for your child to do during this time?

Why not sign them up to one of our Bikeability Courses.

- Chelmsford
- Harlow
- Witham
- Colchester
- Uttlesford



Please see below the link to book Easter holiday courses:
<https://essex.cycleready.co.uk/publicbooking>

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



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



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 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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April 2026 Timetable

All regular 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

Understanding Anger	6 April 10am
School Anxiety	6 April 7pm
Facing Defiance	7 April 10am
Supporting Healthy Screen Use	7 April 7pm
Anxiety Explained	13 April 10am
Cannabis and Ketamine Awareness	13 April 7pm
Introduction to OCD	14 April 10am
What is ACT?	14 April 7pm
Decreasing Depression	20 April 10am
Raising Self-Esteem	20 April 7pm
Understanding the Teenage Brain	21 April 10am
Supporting Healthy Sleep	21 April 7pm
FREE Decreasing Depression	23 April 7-8pm
Improving Family Communication	27 April 10am
Autism: Improving Communication	27 April 7pm
Supporting a Child with ADHD	28 April 10am
Understanding Addictive Behaviour	28 April 7pm





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



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