



Perryfields Junior School

The Friday Flyer

Week 26 – March 2026

Headteacher's Message

Dear Parents/Carers,

It's hard to believe that the Spring term has come to an end already, with Easter just around the corner. It has been an incredibly busy few weeks in school, and the time has truly flown by!

We began the week by welcoming parents and carers to our annual Art Gallery, where we celebrated the creativity and hard work of all year groups through artwork inspired by the artists they have studied. Alongside the exhibition, we held a bake sale in support of The Brain Tumour Charity, a cause close to many of our staff, and we are very grateful for the generosity shown. The afternoon also included a staff Bake Off, judged by our Art Captains, School Council and staff, with Mrs Rooney taking first place and earning 200 house points for Anning, and Miss McDonald coming second, earning 100 points for Fleming. It was a wonderful way to celebrate creativity, community and kindness.

Across the school, children took part in The Big Clean, working together to care for our environment. Each class helped to tidy different areas of the school grounds, demonstrating fantastic teamwork, responsibility and pride in keeping our school a clean, safe and welcoming place.

Our netball team also gave an outstanding performance this week, securing a fantastic 30–0 victory against Beaulieu. They were incredible from start to finish- well done to the whole team!

In our final whole school assembly of Spring 2025, we celebrated personal achievements, house points and excellent presentation across the school. It was, as always, a lovely opportunity to come together and reflect on our shared successes. Congratulations to Darwin House, who are currently in the lead this year!

Well done to all of our Maths Bee finalists- today's competition was incredibly nail-biting, with a very close final. A huge congratulations to our winners: Leah, Maanas, Alyan, Alex T and Neil (from upper school) and a Hawking House win for lower school comprising of Alex, Iyaad, Ayan, Ffion and Anaisha!

Thank you also to all parents and carers who attended parents' evening this week. It is always such a pleasure for teachers to share just how well your children are doing- a lovely way to round off the term before the Easter break.

We have thoroughly enjoyed this term, filled with inspiring events and memorable experiences that will stay with us for years to come. As always, I would like to thank our wonderful team for their continued hard work and dedication, ensuring that we have made the very most of the Spring term at PJS.

We look forward to welcoming everyone back on Monday 13th April. In the meantime, I hope you all have a wonderful and relaxing Easter break!

Mrs S Edwards



Pupil of the Week

Cowell: Milo
Seuss: Ian
Dahl: Logan
Lewis: Saanvi
Walliams: Jess
Rowling: Elizabeth
Tolkien: Charlotte
Morpurgo: Mohid
Pullman: Nicole

Mrs Siddall's Attendance Award
Walliams & Rowling Class

Award for
Outstanding Manners
Ada – Pullman Class
Bobby – Rowling Class

PE Award
Jaxon – Tolkien Class

Spellers Award
Pullman Class

Random Act of Kindness
Charlie – Dahl Class
Emily – Rowling

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	92.2%
Year 4	95.2%
Year 5	97.6%
Year 6	94.7%



Coming Up Next Term So Far.....






Tuesday 31 st March	Deposit due for Year 6 Residential Trip 2027 (current year 5's)
Tuesday 31 st March	Last Instalment for Year 6 Residential Trip 2026
Wednesday 15 th April	SATs Talk for Year 6 Parents – Please join us in the hall at 3.30pm – email sent
Thursday 30 th April	Year 6 Individual Photos
Tuesday 19 th May	Class Photos
Wednesday 20 th May	Year 6 Residential Talk – details to follow
Friday 22 nd May	PJS Summer Inflatable Fayre – details to follow
Monday 8 th June	Year 6 Bikeability starts – email sent
Thursday 11 th June	Sports Day – details to follow
Monday 15 th June	Music Festival @ Civic Theatre – School Choir – details to follow
Friday 26 th June	Year 5 Food & Farming Trip – details to follow
Monday 29 th June	Year 6 Residential Trip
Thursday 2 nd July	House Charity Fundraising Day – details to follow
Monday 13 th July	Year 6 Performance to parents @ 1.30pm – details to follow
Tuesday 14 th July	Year 6 Performance to parents @ 5.30pm – details to follow
Wednesday 15 th July	Year 6 End of Year BBQ – details to follow
Friday 17 th July	Whole School End of Year Presentation – details to follow
Friday 17 th July	End of Term – School finishes at 1.30pm

Please see our new 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.

Menu Summer Term *starting w/c 13/04/26*

Week: One

					
Meat	Sweet and sour or BBQ sauce Chicken chunks	Jacket Potato	Mini Breakfast with sausage	Roasted Vegetable fajitas	Fish Fillets
Vegetarian	Quorn dippers	Jacket Potato	Mini Breakfast with Quorn sausage	Roasted Vegetable fajitas	Cheese Pinwheels
Gluten Free	Chicken goujons	Jacket Potato	Mini Breakfast with GF sausage	Roasted Vegetable fajitas	GF Fish Fingers
Jacket Potato	Tuna & Cheese	Meat & Meat free Chilli con carne Beans, Cheese & Tuna	Beans & Cheese	Tuna & Beans	Beans, Cheese & Tuna
Side Dish	Egg Noodles		Hash Browns, scrambled egg, beans and roll	Wedges & Sweetcorn	Chips Beans or Peas
Vegetables	Salad Bar	Salad Bar		Salad Bar	Salad Bar
Packed Lunch	Wrap (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	Lemon drizzle cake	Fresh Fruit Yoghurt	Ice Lolly	Fresh Fruit Yoghurt	Flapjack
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>

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

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 levelling 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 £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 uncompromising position could make the victim pay up, even if the scenes depicted are entirely fictitious.

EXPLICIT MATERIAL

A 2020 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.

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*, *Technicator*, *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



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

