



Perryfields Junior School

The Friday Flyer

Week 28 – April 2026

Headteacher's Message

Dear Parents/Carers,

We began the week with a whole-school assembly led by Mr Robertson, who spoke to the children about Earth Day. During the assembly, he also introduced our new whole-school topic, Connection to Nature. This has already sparked great interest and excitement among the pupils, who are very much looking forward to the outdoor learning opportunities planned for later in the summer term.

Monday also saw our two upper school netball teams take part in an inter-school rally. Both teams represented the school brilliantly, showing determination, excellent teamwork, and true sportsmanship throughout. We are especially pleased to share that one of the teams finished in first place overall, securing a well-deserved place in the Chelmsford finals. Congratulations to all the players - your commitment and effort in training are clearly paying off.

It has also been a real highlight this week to see so many pupils proudly sharing their English and maths work. It is wonderful to celebrate children who are going the extra mile in their learning, and even more so to see the pride and confidence this brings them.

We were also delighted to see the launch of our PJS extra-curricular sports clubs this week. There has been a fantastic level of enthusiasm, with pupils making the most of the opportunities to get active and enjoy the summer sports on offer across the school grounds.

Thank you to everyone for contributing to such a positive and successful week.

Mrs S Edwards



Pupil of the Week

Cowell: Janna
Seuss: Alex
Dahl: Maisie
Lewis: Taylor
Walliams: Happy
Rowling: Alisa
Tolkien: Grace
Morpurgo: Ollie
Pullman: Tia

Mrs Siddall's Attendance Award
Dahl & Walliams – 100%

Award for
Outstanding Manners
Phoebe – Seuss Class
Andrew – Seuss Class

PE Award
Monty – Pullman Class

Spellers Award
Walliams Class

Random Act of Kindness
Anvitha – Lewis Class
Sananya – Lewis Class
Kai – Morpurgo 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 | 95.4% |
| Year 4 | 98.6% |
| Year 5 | 95.4% |
| Year 6 | 95.9% |



Coming Up Next Term So Far.....

| | |
|---------------------------------|-------------------------------------------------------------------|
| Thursday 30 th April | Year 6 Individual Photos |
| Tuesday 19 th May | Class Photos |
| Wednesday 20 th May | Year 6 Residential Talk – email sent |
| Friday 22 nd May | PJS Summer Inflatable Fayre – email sent |
| Monday 8 th June | Year 6 Bikeability starts – email sent |
| Monday 8 th June | 11+ English Club Test Year 4 Children – email sent |
| Wednesday 10 th June | 11+ Maths Club Test Year 4 Children – 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 6 th July | Football Squad trials years 4&5 – details to follow |
| Tuesday 7 th July | Netball Squad trials Years 4&5 – 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.

Week: One

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--------------------------------------------|--------------------------------------------------------|--------------------------------------------|----------------------------|--------------------------------|
| Main course | | | | | |
| 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 |

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



MEGA INFLATABLE DAY

**Please come along and join us on
Friday 22nd May 2026 from 3.30pm-5.00pm**

Wristbands £10

**Please pay for wristbands through your ScoPay
account. Children will be given their bands in
school on the day.**

Wristbands also available on the gate.

**Bouncy Castles, Mega Slides, Unclimbable
Ladder, Basketball Shoot-Out, Penalty Shoot-
Out, Stocks (Drench the Teacher), Bottle
Tombola, Tattoo Stall plus much more!**

BBQ & Drinks

**This event is for children up to year 6 only. There will
be a pay as you play smaller bouncy castle for little
ones. Unfortunately, we cannot accommodate year 7
and above.**

What Parents & Educators Need to Know about IMAGE-ALTERING FILTERS

From playful puppy ears on Snapchat to 'beauty mode' on TikTok, image-altering filters are now a routine part of how young people communicate online. While many are harmless, others subtly reshape people's faces and bodies. This can blur the line between reality and edited content, potentially influencing how children and young people see themselves and others.

WHAT ARE THE RISKS?

ALTERED BEAUTY STANDARDS

Many 'beauty' filters smooth skin, reshape facial features, or adjust body proportions. Over time, repeated exposure to these filters can shift a child's idea of what is 'normal' or attractive, creating unrealistic expectations about their own and others' appearances.

PRESSURE TO LOOK PERFECT

Filtered images can often attract more 'likes' and positive comments. This can encourage children and young people to rely on editing tools to gain others' approval, rather than feeling confident in their natural appearance.

LOW SELF-ESTEEM

Regularly viewing heavily filtered content can lead to comparisons with unrealistic images. This is linked to body dissatisfaction and reduced self-esteem, particularly among children and teenagers.

HIDDEN ADVERTISING

Some filters are linked to beauty products or trends, subtly promoting third-party brands. Children and young people may not recognise this as advertising, while also sharing personal data – such as facial images and usage habits – with apps and third parties.

BLURRED REALITY

As filters become more advanced and natural-looking, it can be difficult for children and young people to distinguish edited content from real life, especially when filters are used in everyday photos and videos.

SEXUALISED EDITS

Certain tools can make users appear older or more sexualised. This may attract unwanted attention, increase the risk of images being shared without consent, and expose young people to unsafe interactions.

Advice for Parents & Educators

START OPEN CONVERSATIONS

Talk regularly about filters, such as how they work and why people use them. Ask the children and young people in your care how filtered images make them feel and encourage honest discussion without judgement.

REINFORCE WHAT'S REAL

Help children and young people understand that filtered images are digitally altered and are not an accurate reflection of real life. Emphasise that they don't need to meet these artificial standards.

CHALLENGE 'PERFECT' POSTS

When viewing content together, gently point out the signs of editing, filters, or posing techniques. This builds critical thinking and helps children and young people question unrealistic images.

PROMOTE OFFLINE CONFIDENCE

Encourage activities that build self-worth beyond appearance, such as sports, hobbies, friendships, and creative interests, so that confidence isn't tied solely to online validation.

Meet Our Expert

Parveen Kaur is a digital parenting expert and founder of Kids N Clicks, a platform dedicated to helping parents navigate the online world alongside their children. She is an expert contributor for Internet Matters, offering practical guidance on emerging online safety issues. Her insights have been featured by the BBC, The Telegraph, TalkTV, and other major media outlets, supporting families across the UK.



The National College

See full reference list on our website



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May 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

| | |
|-----------------------------------------|---------------------|
| School Anxiety | 4 May 10am |
| Understanding Anger | 4 May 7pm |
| Facing Defiance | 5 May 10am |
| Supporting Healthy Screen Use | 5 May 7pm |
| Cannabis and Ketamine Awareness | 11 May 10am |
| Anxiety Explained | 11 May 7pm |
| Introduction to OCD | 12 May 10am |
| What is ACT? | 12 May 7pm |
| Decreasing Depression | 18 May 10am |
| Raising Self-Esteem | 18 May 7pm |
| Supporting Healthy Sleep | 19 May 10am |
| Understanding the Teenage Brain | 19 May 7pm |
| Autism: Improving Communication | 25 May 10am |
| Improving Family Communication | 25 May 7pm |
| Supporting a Child with ADHD | 26 May 10am |
| Understanding Addictive Behaviour | 26 May 7pm |
| FREE Getting a Good Nights Sleep | 28 May 7-8pm |



FOOTBALL
DEVELOPMENT

OPEN TRIALS

TRIALS IN:

PETERBOROUGH

CAMBRIDGESHIRE

HERTFORDSHIRE

SUFFOLK

SURREY



SCAN
HERE
TO
BOOK





CALLING ALL



YEAR 3, 4 & 5
GIRLS!

JOIN HAWKSTONE NETBALL CLUB!

Learn netball skills
& make new friends!



TRAINING WEDNESDAYS

NEW HALL SCHOOL

6:00 PM - 7:30 PM



EMAIL: HAWKSTONEACADEMY@GMAIL.COM