



# Perryfields Junior School

## *The Friday Flyer*

Week 29 – May 2026

### Headteacher's Message

Dear Parents/Carers,

On Monday, seven of our talented Year 4 pupils took part in a Public Speaking event at Anglia Ruskin University. Each pupil delivered their role with confidence, clarity, and poise - it was an absolute joy to watch. Miss Kingston and I were extremely proud of them all. A special mention goes to Aarueran in Walliams Class, who was recognised as the best speaker in the entire competition - an outstanding achievement. As a team, they also secured 2<sup>nd</sup> place, which is a PJS personal best! Please do take a look at my Headteacher blog for some photos from the event.

A big thank you to Mrs Canty for leading a thoughtful and engaging assembly on teamwork and sportsmanship this week. Pupils explored why teamwork is so important, both in school and beyond, and discussed the many benefits it brings. They also considered different real-life scenarios, thinking carefully about how to work together effectively, support one another, and show respect in a variety of situations.

Our Diversity Defenders have also been busy, writing to me this week after working collaboratively on suggested adaptations to our school uniform policy. Their letter was incredibly well considered, with some fantastic ideas to help ensure our school remains inclusive for all. I am looking forward to exploring these suggestions further, with a view to implementing changes in the new academic year.

Our Eco Warriors have also been extremely busy drafting the school's Eco Code. They have shown great commitment and passion for sustainability, and we are looking forward to them presenting their work to the whole school in assembly over the coming weeks - well done to the team for their hard work.

Thank you, as always, for your continued support and for another fantastic week. We hope you enjoy the Bank Holiday weekend and look forward to welcoming everyone back, refreshed and ready for more exciting learning next week!

Mrs S Edwards



### Pupil of the Week

Cowell: Ameya  
Seuss: Jana  
Dahl: Olivia  
Lewis: Theo  
Walliams: Daniel  
Rowling: Aarav  
Tolkien: Shanwick  
Morpurgo: Isla  
Pullman: Sreehas

Award for  
Outstanding Manners  
*Kareem – Cowell Class*  
*Elodie – Walliams Class*

PE Award  
Dillon – Walliams Class

Mrs Siddall's Attendance Award  
*Morpurgo Class – 99.4%*

## 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	96.4%
Year 4	97.8%
Year 5	98.4%
Year 6	97.6%



### *Coming Up Next Term So Far.....*

Tuesday 19 <sup>th</sup> May	Class Photos
Wednesday 20 <sup>th</sup> May	Year 6 Residential Talk – email sent
Friday 22 <sup>nd</sup> May	PJS Summer Inflatable Fayre – Please pay on ScoPay
Monday 1 <sup>st</sup> June	2 <sup>nd</sup> payment due for year 6 residential 2027
Monday 8 <sup>th</sup> June	Year 6 Bikeability starts – email sent
Monday 8 <sup>th</sup> June	11+ English Club Test Year 4 Children – email sent
Wednesday 10 <sup>th</sup> June	11+ Maths Club Test Year 4 Children – email sent
Thursday 11 <sup>th</sup> June	Sports Day - Lower School 9.15am-10.45am/Upper School 10.45am-11.55am
Monday 15 <sup>th</sup> June	Music Festival @ Civic Theatre – School Choir – details to follow
Thursday 25 <sup>th</sup> June	3.30pm-5.00pm – Open Day. Parents opportunity to walk around the school with their child
Friday 26 <sup>th</sup> June	Year 5 Food & Farming Trip – details to follow
Monday 29 <sup>th</sup> June	Year 6 Residential Trip
Thursday 2 <sup>nd</sup> July	House Charity Fundraising Day – details to follow
Monday 6 <sup>th</sup> July	Football Squad trials years 4&5 – details to follow
Tuesday 7 <sup>th</sup> July	Netball Squad trials Years 4&5 – details to follow
Monday 13 <sup>th</sup> July	Year 6 Performance to parents @ 1.30pm – details to follow
Tuesday 14 <sup>th</sup> July	Year 6 Performance to parents @ 5.30pm – details to follow
Wednesday 15 <sup>th</sup> July	Year 6 End of Year BBQ – details to follow
Friday 17 <sup>th</sup> July	Whole School End of Year Presentation – details to follow
Friday 17 <sup>th</sup> 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: Two				
		Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Meat	Baguette day	Sticky Chicken	Pulled Pork	Sausage under wraps	Burger in a roll
	Vegetarian	Baguette day	Meat free sticky fillet	Vegetable Bake	Sausage under wraps	Spicy bean burger in a roll
	Gluten Free	Baguette day	Sticky Chicken	Pulled Pork	Sausage under wraps	Spicy bean burger in a roll
	Jacket Potato	Beans & Cheese	Beans & Tuna	Cheese & Tuna	Beans & Cheese	Beans, Cheese & Tuna
	Side Dish	Bag of Raisins	Rice	Mash Potato & Gravy	Wedges	Chips & Beans
	Vegetables		Broccoli Salad Bar	Country Mixed Vegetables	Sweetcorn Salad Bar	Salad Bar
	Packed Lunch	Baguette (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)	Baguette (Tuna, Cheese or Ham)	Wraps (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)
	Dessert	Chocolate Shortbread	Fruit Jelly	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Oaty Friut Crunch
	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](http://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 brands, 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 those 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 forums, 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.



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](https://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
<b>FREE Getting a Good Nights Sleep</b>	<b>28 May 7-8pm</b>

**JOIN CHARLIE'S WISH & ESSEX POLICE FOR A VITAL  
COMMUNITY TALK ON THURSDAY 7TH MAY, 19:00-21:00.**

**ESSEX POLICE - COMMUNITY  
INITIATIVES TO COMBAT KNIFE  
CRIME**

**CHARLIE'S WISH - EDUCATIONAL  
TALK RAISING AWARENESS OF  
KNIFE CRIME THROUGH CHARLIE'S  
LEGACY**



**ABOUT CHARLIE:  
CHARLIE LOST HIS LIFE TO KNIFE  
CRIME AT A YOUNG AGE.  
THROUGH CHARLIE'S WISH, HIS  
LEGACY EDUCATES YOUNG  
PEOPLE, PARENTS, AND THE  
COMMUNITY ABOUT MAKING  
SAFE CHOICES.**

Learn about:

- How to report safely
- Knife carrying facts/myths
- Making informed decisions

# **KNIFE CRIME AWARENESS EVENING**

**FREE EVENT:**

To book please go to [www.eventbrite.co.uk](http://www.eventbrite.co.uk) and search Chelmsford Garden Community Trust events or scan the qr code



**Email Subject:** Help improve children's wellbeing – take part in the SHINE Survey

**FAO/Recipients:** parents and carers of Reception and Year 6 children

Dear parents and carers,

We are pleased to invite you to take part in the **SHINE (Studying Happiness, self-Image and Nutrition and Eating in children) Parent & Carer Survey**. The survey will help us understand the health and wellbeing of children in **Reception (4-5 years)** and **Year 6 (10-11 years)**. The survey is open to parents and carers of children in these year groups.

The survey takes around **20 minutes** and can be completed **online (or on paper, if preferred – see below)**. It includes questions about:

- Your child's mental wellbeing,
- You and your child's eating and physical activity habits,
- Your household and background.

By sharing your experiences, you will help us make changes at both local and national levels to support children's wellbeing.

As a thank you for taking part, you can enter a **prize draw** to win one of **four £50 shopping vouchers**, awarded to parents and carers in your local community.

The information you provide will only be used only for research purposes and will be kept completely confidential.]

[Click here to access the survey.](#)

For more details, [visit our website](#).

If you have any questions or want a paper version of the survey, contact the study team at [shine@ucl.ac.uk](mailto:shine@ucl.ac.uk).

Thank you for supporting this important research,

The SHINE Study Team



*SHINE is a collaboration between University College London, Durham University and Newcastle University.*



Thames Sailing Barge Trust

**Storytelling Day**

**Thursday 28th May 2026**

**One hourly sessions starting at 10:30, 11:45, 13:30 & 14:45**

**for Children aged 7—11 years  
on board s.b. Centaur**

**Hythe Quay, Maldon, Essex CM9 5HN**

Join professional storyteller Mike Dodsworth for a fun-filled storytelling hour aboard the historic Thames sailing barge "Centaur" (Built in 1895)  
Strictly for children aged 7 to 11  
We're really looking forward to welcoming KS2/age 7+ children on board for this event.  
A maximum of 16 children per session  
**Entrance is by Donation**—pre-booking required at [www.bargetrust.org/events](http://www.bargetrust.org/events)  
*All children MUST be accompanied by an Adult*





FOOTBALL  
DEVELOPMENT

# OPEN TRIALS

**TRIALS IN:**

PETERBOROUGH

CAMBRIDGESHIRE

HERTFORDSHIRE

SUFFOLK

SURREY



SCAN  
HERE  
TO  
BOOK





Are you worried about your child travelling to secondary school on their own in September?  
Is your child anxious about travelling to school by bus for the first time on their own?

Being able to travel independently is a key life skill.

Travel Training gives people with SEN or additional needs the confidence and skills to travel on buses and trains independently. We can also help with walking routes.

Anyone can refer using our online referral form, we aim to be in touch within 10 days.

[www.travel-training.co.uk](http://www.travel-training.co.uk)

[Travel.training@essex.gov.uk](mailto:Travel.training@essex.gov.uk)

03330322872

Please take a look at our travel training video by clicking here: [Travel Training, The journey to independence - Essex County Council](#)

