



Perryfields Junior School

The Friday Flyer

Week 30 – May 2026

Headteacher's Message

Dear Parents/Carers,

Year 6 has been a hive of focus and resilience this week, with both Morpurgo Class and Pullman Class preparing diligently for their upcoming SATs assessments. We are incredibly proud of the hard work, determination and positive attitude they have shown, and we wish them the very best of luck for the tests taking place from Monday to Thursday next week. As a reminder, Year 6 teachers will be available from 8:15am each morning for any pupils who would like extra revision support or simply a calm start to help them feel confident and prepared for the day ahead. To support your child's wellbeing during this important week, we kindly encourage early bedtimes, a healthy breakfast each morning and plenty of hydration throughout the week.

Elsewhere, it has been another busy and successful week across the school. On Tuesday, some of our Year 5 and Year 6 pupils travelled to The Boswells School to take part in a rounders tournament. They were fantastic ambassadors for our school, demonstrating great teamwork and determination throughout the event. Out of 12 teams, one team finished in 7th place and the other achieved an impressive 3rd place - superb!

On Wednesday, our netball team competed against Chipping Hill in a league match. The children played brilliantly and showed excellent skill and sportsmanship throughout the game. We are delighted to share that they secured a fantastic 29-2 victory!

A huge thank you goes to Miss Harding and our Art Captains for delivering such an inspiring World Art Day assembly. To continue the creativity, we are launching an "Art Detective" challenge. We invite all pupils to discover two pieces of art - one from home and one within our local community- and share their findings through a photograph, a written description or even their own artistic recreation. We cannot wait to see the everyday masterpieces you uncover!

Today, the children took part in a live assembly celebrating the 100th birthday of David Attenborough. The assembly featured a special interview with Sir David himself and provided pupils with a wonderful opportunity to reflect on his remarkable contribution to wildlife conservation, environmental awareness and broadcasting over the past century. It was both inspiring and educational for the children to hear from such an influential figure whose work has encouraged generations to develop a deeper understanding and appreciation of the natural world.

Finally, it was wonderful to see our Eco-Warriors and School Council outside planting sunflower seeds for their classes. We are launching a sunflower-growing competition to see which class can grow the tallest sunflower. Not only will this be great fun, but it is also a wonderful way to support our important pollinators.

Thank you, as always, for your continued support.

Mrs S Edwards



Pupil of the Week

Cowell: Krishnananda
Seuss: Andrew
Dahl: Freddie
Lewis: Farwa
Walliams: Teddy
Rowling: Ibinabo
Tolkien: Olivia O
Morpurgo: Neil
Pullman: Monty

Mrs Siddall's Attendance Award
Cowell Class – 99.3%

Award for
Outstanding Manners
Harry M – Lewis Class
Harley – Pullman Class

PE Award
Robyn - Morpurgo Class

Spellers Award
Pullman Class

Random Act of Kindness
Ayan – Walliams Class
Marcella – Walliams Class
William – 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	97.6%
Year 4	97.4%
Year 5	98.9%
Year 6	97%



Coming Up So Far

Tuesday 19 th May	Class Photos
Wednesday 20 th May	Year 6 Residential Talk – email sent
Friday 22 nd May	PJS Summer Inflatable Fayre – Please pay on ScoPay
Monday 1 st June	2 nd payment due for year 6 residential 2027
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 - Lower School 9.15am-10.45am/Upper School 10.45am-11.55am
Monday 15 th June	Music Festival @ Civic Theatre – School Choir – details to follow
Thursday 25 th June	3.30pm-5.00pm – Open Day. Parents opportunity to walk around the school with their child
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
Meat	Sweet and sour or BBQ sauce Chicken chunks	Jacket Potato	Mini Breakfast with sausage	Mac & Cheese	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 Bacon Bits, Beans, Cheese & Tuna	Beans & Cheese	Tuna & Beans	Beans, Cheese & Tuna
Side Dish	Egg Noodles		Hash Browns, scrambled egg, beans and roll	Garlic Bread & 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.**

Perryfields Junior School
Teacher Clubs Letter – Summer 2026



We are pleased to be able to offer the following Teacher Clubs in school after half term.

Teacher Clubs - Commencing Tuesday 2nd June to Tuesday 23rd June. These clubs will be available to book through your ScoPay account from Monday 11th May from 4pm until Monday 18th May at 4pm. Please make sure to tick the consent box on your ScoPay account.

PLEASE SELECT ONLY ONE CLUB FOR YOUR CHILD. CHILDREN WHOSE NAME APPEARS ON DIFFERENT CLUBS WILL BE DESELECTED AND PARENTS WILL HAVE TO CHOOSE AGAIN. THIS MAY RESULT IN YOUR CHILD NOT GAINING A PLACE IN A CLUB.

TEACHER CLUBS				
Club	Day	Time	Years	Notes
Art	Tuesday	3:15 - 4:15	All Years	Old shirt or apron needed
Cross-Stitch	Tuesday	3.15 – 4.15	All Years	
Poetry	Tuesday	3:15 - 4:15	All Years	
Orienteering	Tuesday	3:15 - 4:15	All Years	
Nature Navigators	Tuesday	3.15 – 4.15	All Years	

Places will be allocated on a first come first served basis. If your child no longer wants to do a club, please let us know as soon as possible. If your child cannot attend a club after school for any reason, please would you kindly let the office/teacher know in advance.

Pupil Premium

Please contact the school office on 01245 250781 before booking on ScoPay if your child is in receipt of free school meals and they would like to attend a club.

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 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 [Kiss It Gently](#), 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.



See full reference list on our website



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New School Food Standards

- Eating well in school plays a key role in children's health, wellbeing and ability to learn.
- In 2026, the Department for Education School Food Standards are being updated for the first time in over a decade.
- Since then, childhood obesity has risen, eating habits have changed, and children are eating more ultra-processed food and foods high in fat, salt and sugar, with tooth decay one of the main reasons children visit hospital.
- These new School Food Standards will set out clearer rules on the food provided in schools and they will be monitored from September 2027.

This is a once in a generation opportunity to have your say!

“ We have committed to overhaul School Food Standards to ensure that every child gets the good quality food they need that gives them the best start in life ”
Olivia Bailey, Minister for Education

A national consultation is now open, closing on Friday 12th June 2026. The Department for Education want to especially hear from those who know school food best - students, parents, schools, caterers, growers.

Essex County Council Public Health, with HCRG Healthy Schools and Zoe Griffiths Nutrition, will be holding free webinars for Essex schools to learn more about the new school food standards and this consultation process

Sign-up here

Dates:

Thursday 30th April - 15:30 - 16:15

Wednesday 13th May - 15:30 - 16:15

Tuesday 9th June - 15:30 - 16:15



Share your views

Read the new standards here



Complete the survey here



KAYAK

JUNIOR COME AND TRY IT SESSION



16TH
MAY

START: 1PM

EMPIRE WALK,
CHELMSFORD

- £ First session is £22, which includes the joining fee.
- 📝 We'll need a parent consent form signed before taking part.
- 👥 If you decide to continue, a family membership costs £80, with sessions then priced at £5 each.
- 👕 All equipment is provided — you'll just need a change of clothes, and something you don't mind getting wet in for paddling.
- 📅 Regular sessions will take place on Saturday mornings at 10.30am



You need to be over 10 years old and be able to swim 25 meters.

Please use the email below to book a space.

🌐 www.chelmsfordcanoeclub.co.uk

✉ email : info@chelmsfordcanoeclub.co.uk



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

**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 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.

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

All children MUST be accompanied by an Adult



Made possible with
Heritage Fund

Funded by
Essex Community





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

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](#)

