



Perryfields Junior School

The Friday Flyer

Week 31 – May 2026

Headteacher's Message

Dear Parents/Carers,

Our choir had a wonderful opportunity today as they headed out to rehearse for the Junior Music Festival. From the moment they arrived, they conducted themselves with confidence, enthusiasm, and professionalism, truly embodying the values of our school. Their behaviour, teamwork, and commitment to giving their very best made them outstanding ambassadors, and we could not be prouder of how they represented us. It was a joy to see their hard work coming together in such an exciting setting, and we are all very much looking forward to seeing them perform on stage at The Chelmsford Theatre - it promises to be a fantastic occasion.

Back at school, the remainder of the week has been calm, purposeful, and focused as our Year 6 pupils completed their end-of-key-stage assessments, commonly known as SATs. We are incredibly proud of the way they have approached this important milestone. They have shown maturity, resilience, and determination throughout, maintaining a positive attitude even when faced with challenging tasks.

The children have demonstrated real dedication, applying themselves fully to a demanding series of papers in reading, grammar, spelling, and maths. These assessments are not easy, but our pupils rose to the challenge with confidence and perseverance. Their effort, focus, and willingness to keep going have been truly inspiring to everyone around them. Year 6, you should feel extremely proud of what you have achieved- very well done.

We would also like to extend our sincere thanks to everyone who has supported our Year 6 pupils this week. Our teaching and support staff have worked tirelessly to prepare the children and ensure they felt calm and confident each day. We are also very grateful to our governors, who generously gave their time to assist with the smooth running of the assessments. Finally, a special thank you goes to our wonderful kitchen team, who kept spirits high with delicious treats during the week- a small gesture that made a big difference.

It really has been another fantastic team effort here at Perryfields.

Wishing you all a restful and well-deserved weekend.

Mrs S Edwards



Pupil of the Week

Cowell: Emily
 Seuss: Sofia
 Dahl: Dyuthi
 Lewis: Rayna
 Walliams: Aaron
 Rowling: Maanas
 Tolkien: George
 Morpurgo: Whole Class
 Pullman: Whole Class

Award for
 Outstanding Manners
Lilian – Lewis Class
Harry S – Lewis Class

PE Award
Joseph – Cowell Class

Spellers Award
Dahl Class

Mrs Siddall's Attendance Award
Pullman Class 100%

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%
Year 4	97.7%
Year 5	97.8%
Year 6	97.7%



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 – Now Full
Wednesday 10 th June	11+ Maths Club Test Year 4 Children – Now Full
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 – email sent re tickets
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 – email sent. Please pay on ScoPay
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.

Thursday is our Census Day Special Menu. Please see the poster below.

Week: Two					
	Monday	Tuesday	Wednesday	Friday	
Main course	Meat	Baguette day	Sticky Chicken	Pulled Pork	Burger in a roll
	Vegetarian	Baguette day	Meat free sticky fillet	Vegetable Bake	Spicy bean burger in a roll
	Gluten Free	Baguette day	Sticky Chicken	Pulled Pork	Spicy bean burger in a roll
	Jacket Potato	Beans & Cheese	Beans & Tuna	Cheese & Tuna	Beans, Cheese & Tuna
	Side Dish	Bag of Raisins	Rice	Mash Potato & Gravy	Chips & Beans
	Vegetables		Broccoli Salad Bar	Country Mixed Vegetables	Salad Bar
	Packed Lunch	Baguette (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)	Baguette (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)
	Dessert	Chocolate Shortbread	Fruit Jelly	Fresh Fruit Yoghurt	Oaty Friut Crunch
	Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk



Census Day Menu

Thursday 21st May 2026

Hot Dog with Waffle Fries and Beans

Salad Bar

Veggie Sausage with Waffle Fries and Beans

Salad Bar

Gluten Free Sausage with Waffle Fries, Beans

Salad Bar

Jacket Potato, Cheese and Beans

Ham, Cheese or Tuna Baguettes

Followed by
Chocolate Brownie

Milk/Water

Cost £2.50

Additional Support Courses for Parents

Three new courses offered by FACE, separate from the school membership.

Full access to all three courses for £6.99/month

Complete at your own pace, cancel anytime.



Building Emotional Resilience

Work through six stages of directed exercises to help your child (and yourself) improve emotional resilience.



Facing Defiance

A specific strategy aimed at supporting parents of children aged 5 to 12 with ADHD, ODD or just very challenging behaviour.



You & Your Teen

A skills building course for one parent and one teen (12 years old and above) to learn how they can both improve their communication with each other.

www.facefamilyadvice.co.uk

Online Courses for Parents page

info@facefamilyadvice.co.uk



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 [Kids R' Us](#), 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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Farleigh Hospice's

Open Gardens

2026

Beaulieu and Channels - Saturday 23 May

Springfield - Sunday 7 June

Danbury and Little Baddow - Sunday 14 June

Little Waltham and Classic Car Show - Sunday 14 June

South Woodham Ferrers - Sunday 5 July



PUBLIC HEALTH



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





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



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](#)



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.

JUNIOR SCHOLARSHIP AUDITION

OPEN TO *AGES 5 TO 10*



Scholarships for talented young performers.
Professional training in acting, dance, & singing
at our weekend classes.

Audition Date:

SATURDAY 13TH JUNE

1:30pm to 3:30pm

REGISTER AT:

www.tomorrowstalent.co.uk

