



Perryfields Junior School

The Friday Flyer

Week 32 – May 2026

Headteacher's Message

Dear Parents/Carers,

Well, I think we will all need a rest after an exceptionally busy week in school!

We kicked off the week on Monday with our football team in action against Tyrrells. They showed outstanding skill and teamwork, putting up a fantastic fight. Well done to the team and to their coach, Mr Smith.

The excitement continued on Wednesday when Mrs Rooney and our fantastic Eco Warrior team delivered an engaging and informative assembly to mark Endangered Species Day. The children shared important facts about endangered animals from around the world, helping everyone understand the challenges these species face and why conservation is so vital. They also spoke about the small changes we can all make to protect wildlife and care for our planet. We are incredibly proud of the confidence, teamwork, and passion shown by our Eco Warriors. Thank you to Mrs Rooney and the team for such a thoughtful and inspiring session.

On Thursday, our attention turned to safety as the children took part in an important Water Safety Assembly led by Essex Fire and Rescue. With the warmer weather approaching and families spending more time near rivers, lakes, and the coast, the timing couldn't have been better. The assembly focused on how to stay safe in and around water, what to do in an emergency, and how to spot potential dangers. One key takeaway for the children was the simple but powerful message: "Respect the water." They learned crucial, life-saving steps, such as staying calm, floating on your back, and calling for help if they or someone else falls in. A huge thank you to the Essex Fire and Rescue team for delivering this vital session. We are proud that our pupils are now better equipped to enjoy the outdoors safely and responsibly.

Meanwhile, with SATs now safely in their wake, Year 6 haven't wasted a single moment. They have been very excited this week auditioning for their upcoming summer production, *Olivia!* - we absolutely cannot wait to see it come to life.

I hope you all have a super, sunny half-term break. Please note that Monday 1st June is an INSET day, so we look forward to seeing you all back at school on Tuesday 2nd June.

Mrs S Edwards



Pupil of the Week

Cowell: Aneesh
Seuss: Andrei
Dahl: Oscar
Lewis: Sebastian
Walliams: Flo
Rowling: Sophie
Tolkien: Niralya
Morpurgo: Coby
Pullman: Isabelle

Mrs Siddall's Attendance Award
Morpurgo Class – 97.3%

Award for
Outstanding Manners
Orla – Seuss Class
Thanvi – Dahl Class

PE Award
Timi – Lewis Class

Spellers Award
Lewis Class

Random Act of Kindness
Olivia, Pippa & Evelyn – Year 6
Olivia – Dahl Class
George – Cowell 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	96.5%
Year 4	97%
Year 5	97.8%
Year 6	96.8%



Coming Up So Far

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
Tuesday 23 rd 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.

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

Week: One

	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday	
Main course	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 Chilli con carne 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

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



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.



See full reference list on our website

@wake_up_weds

/www.thenationalcollege

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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



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.