



Perryfields Junior School

The Friday Flyer

Week 33 – June 2026

Headteacher's Message

Dear Parents and Carers,

Welcome back to the second half of the summer term. We hope you all enjoyed a restful break and had some lovely time together as families.

A huge well done to our Year 4 children, who completed their official multiplication check this week. They approached it with fantastic resilience and impressed us all with their times tables knowledge - brilliant work, Year 4!

Our Teacher Clubs also got underway this week, and it has been wonderful to see the children enjoying such a wide range of activities. From orienteering and nature navigation to poetry, art and cross stitch, there has been something for everyone, and it has been a joy to see them so engaged.

Later in the week, we were delighted to welcome Essex Fire and Safety into school to deliver Cyber Safety and Knife Crime Awareness workshops to our Year 6 pupils. Year 6 also attended Crucial Crew on Thursday for further important sessions on staying safe. These informative and engaging workshops were very well received, and we are grateful to all of the teams involved for giving their time and expertise.

Finally, a reminder that parents and carers must not park or drop children off at the car park gate. This area is unsafe, and we ask that everyone continues to follow this rule to help keep all members of our school community safe.

We wish you all a great weekend, and hopefully some sunshine too.

Mrs S Edwards



Pupil of the Week

Cowell: Evelyn
Seuss: Robert
Dahl: Aiden
Lewis: Anvitha
Walliams: Momo
Rowling: Seren
Tolkien: Dhipin
Morpurgo: Matilda
Pullman: Leo

Award for
Outstanding Manners
Hassan – Cowell Class
Maelyn – Pullman Class

PE Award
Elliot - Tolkien

Spellers Award
Lewis Class

Mrs Siddall's Attendance Award
Tolkien Class – 98.9%

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	93.1%
Year 4	97.8%
Year 5	97.1%
Year 6	95.8%



Coming Up So Far

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. Email sent
Monday 15 th June	Music Festival @ Civic Theatre – School Choir – email sent re tickets
Tuesday 16 th June	Diversity Day – Please donate £1 through ScoPay. Email sent
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.

Week: Two						
	Monday	Tuesday	Wednesday	Thursday	Friday	
Main courses	Meat	Baguette day	Sticky Chicken	Gammon	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 Fruit Crunch
	Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

Tell us what matters most to you

Residents, staff and communities across Essex, Thurrock or Southend are being invited to complete a short survey to help shape future health and care priorities.

We want to hear:

- what is working well
- what could improve
- what matters most to local people

This is an opportunity to work with and listen to local people to design services that suit the needs of every community. Complete the survey before 5pm on Tuesday 30 June: [NHS Essex Virtual Views: help shape the future of NHS services in Essex](#)



Get You Get Others

FREE PARENT GUIDE

Starting secondary school this September?

The transition from primary to secondary school is one of the biggest challenges every child will experience.

For some children it brings feelings of excitement and independence but for others the fear of the unknown can bring worries about friendships, homework, getting lost, making mistakes, different teachers or simply coping with so much change all at once.

After more than 25 years working in education, I've noticed that many children share the same questions and concerns about the move to secondary school.

That's why I've created this free guide to help parents:

- ✓ Understand common transition worries
- ✓ Build confidence before September
- ✓ Support their child through change
- ✓ Recognise when a child may need additional support
- ✓ Make the move to secondary school feel easier for the whole family



Scan the QR or click here to download your FREE Guide

Created by Michelle Bush, education specialist with over 25 years' experience supporting children, families and schools. Visit www.getyougetothers.co.uk to learn more.

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 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.



#WakeUpWednesday

The National College

See full reference list on our website

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Free summer activities 2026

Tuesday 28 July - Superhero Adventures
Tuesday 4 August - Nature Explorers
Tuesday 11 August - Science Discovery
Tuesday 18 August - Around the World
Tuesday 25 August - By the Seaside

10:30am-3:30pm (lunch included)
Kids Inspire HQ, Great Baddow, CM2 7FW

Primary school
children 6+

Scan to
register:



With limited spaces for our activities,
we try to prioritise lower income families.

www.kidsinspire.org.uk



Registered charity number 1129513. Company limited
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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