



Perryfields Junior School

The Friday Flyer

Week 34 – June 2026

Headteacher's Message

Dear Parents and Carers,

What a fantastic week we have had at Perryfields!

It was a real pleasure to welcome so many visitors on Wednesday morning. I was delighted that our prospective Year 3 parents and carers were able to see the school in action - our classrooms were certainly buzzing with energy and excitement. A huge thank you goes to our wonderful Year 6 pupils, who did an excellent job as tour guides and represented the school so beautifully.

This week also saw our celebration of National Sports Week, and what a wonderful celebration of physical activity it has been. The week began with our talented athletes representing the school at the district field event. Their determination, sportsmanship and team spirit shone through throughout the day - well done to all who took part.

On Tuesday, the children enjoyed a sporty non-uniform day to help raise money for new playground equipment. Thank you for your generosity and support - every contribution really does make a difference.

The children also had the chance to try something completely new: Ultimate Frisbee! It was a fantastic success and gave every child the opportunity to take part in a fun, active and inclusive sporting experience. Throughout the day, pupils showed tremendous enthusiasm as they learned new skills, including throwing, catching, teamwork and communication. It was wonderful to see so many children encouraging one another, working together and demonstrating such excellent sportsmanship. A huge thank you must go to all staff who helped make the day such a positive and memorable experience for the children.

We are also delighted to share that our new outdoor learning curriculum is already bringing so much joy to school life. It has been wonderful to see the children exploring, playing and learning in our new forest area. The space is already proving to be a very special part of the school day, giving pupils the chance to enjoy fresh air, develop their curiosity and connect with the world around them in a meaningful way. A big thank you goes to all of our PTA members, as well as our wonderful parents, carers and community members, for their generous donations over the last couple of years which have helped make this possible.

And finally, we are thrilled to share that our Summer Fayre raised an incredible £1,500 - the most we have ever raised! This is a fantastic achievement and a real reflection of the support and generosity of our school community. The teacher stocks activity will definitely be returning next year!

What a week it has been - full of joy, achievement and a wonderful sense of community. Thank you, as always, for your continued support.

Mrs S Edwards



Pupil of the Week

Cowell: Callie
Seuss: Ellie
Dahl: Yuvan
Lewis: Farwa
Walliams: Hallie
Rowling: Win
Tolkien: Bella
Morpurgo: Levi
Pullman: Freya

Award for
Outstanding Manners
Bradley – Cowell Class
William – Pullman Class

PE Award
Harley – Pullman Class

Spellers Award
Lewis Class

Mrs Siddall's Attendance Award
Cowell & Walliams – 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	99.6%
Year 4	97.9%
Year 5	98.2%
Year 6	95.2%



Coming Up So Far

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 18 th June	Sports Day
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 – email sent
Tuesday 7 th July	Netball Squad trials Years 4&5 – email sent
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.

Wednesday is our special World Cup Lunch. Please see poster! Order on ScoPay.

Week: One



	Monday	Tuesday	Thursday	Friday	
Main course	Meat	Sweet and sour or BBQ sauce Chicken chunks	Jacket Potato	Mac & Cheese	Fish Fillets
	Vegetarian	Quorn dippers	Jacket Potato	Roasted Vegetable fajitas	Cheese Pinwheels
	Gluten Free	Chicken goujons	Jacket Potato	Roasted Vegetable fajitas	GF Fish Fingers
	Jacket Potato	Tuna & Cheese	Meat & Meat free Chilli con carne Beans, Cheese & Tuna	Tuna & Beans	Beans, Cheese & Tuna
	Side Dish	Egg Noodles		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)	Baguette (Tuna, Cheese or Ham)
	Dessert	Lemon drizzle cake	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Flapjack
	Drinks	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](#)



WORLD CUP MENU

Wednesday 17th June 2026



Chips, Sausage & Beans

Salad Bar

Chips Vegetarian Sausage & Beans

Salad Bar

Gluten Free Sausage, Chips & Beans

Salad Bar



England Football Cake

Milk/Water

Cost £2.50 Via Scopay account





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 [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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Helping an ADHD Child with Homework



FREE one hour online session for parents
Thursday 25th June 7pm - 8pm

Join us online to get some advice on how to help your
ADHD child start and complete their homework.

Book on the PARENTS - Live Talks page
facefamilyadvice.co.uk



THERE'S **STILL TIME** TO JOIN OUR **SUMMER TERM CLUBS!**

STAY ACTIVE BEFORE AND AFTER SCHOOL



**BUILD
CONFIDENCE**



**LEARN
NEW SKILLS**



**STAY ACTIVE
BEFORE & AFTER
SCHOOL**



**HAVE FUN
WITH FRIENDS**



**BOOK YOUR PLACE THROUGH
THE SCHOOL'S EPC CLUB
BOOKING PAGE TODAY!**



SCAN ME
TO BOOK
YOUR PLACE



CREATING A HEALTHIER, HAPPIER AND MORE ACTIVE ESSEX

Holiday Club

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.

Free Family Events in Chelmsford

A snapshot of low or no cost fun & family-friendly activities across Mid Essex Helping you make the most of the summer holidays!

Families across Mid Essex can enjoy a range of free, fun summer events in Braintree, Chelmsford, and Maldon.

This guide highlights local activities, support, and welcoming spaces to help keep children entertained.

This is just a starting point, there are many more opportunities available through local organisations, offering plenty to explore this summer. Scan here to take a look at our web page for further activities on offer.

Find out
more here!



SCAN ME



MID ESSEX CHILDREN'S PARTNERSHIP

Working together to ensure all children & young people in Mid Essex get the best start in life



EXCITING NEWS FOR LOCAL FAMILIES! ✨



PARKWOOD ACADEMY: Looking for Flexible Care for your 2-Year-Old?



Parkwood Academy is planning to expand! We are looking into opening a brand-new, high-quality Early Years provision starting this September. We want to design this service completely around the needs of our working community.

What We Plan to Offer:



A safe, nurturing, and professional learning environment.



Specialised provision tailored specifically for 2-year-olds.



Full Wraparound Care operating from 7:30 AM until 6:00 PM.



WE NEED YOUR VOICE!

For this project to be viable and to go ahead, we need to prove local demand to the Local Authority. Whether you need this care now or in the future, please let us know!

Scan the QR Code to complete our 1-minute survey:



Scan to Open Our Survey!

Can't scan? Visit the link directly:

<https://docs.google.com/forms/d/1TqhuLVEfSeRSZQJujUxTh53aYPbF7MRbga1DxbC9D-A/edit>



📍 Parkwood Academy ✉ [admin@parkwood-academy.org] | [01245 354605]

Help us grow—please snap a photo of this poster and share it with friends and family!