



Perryfields Junior School

The Friday Flyer

Week 35 – June 2026

Headteacher's Message

Dear Parents and Carers,

We've had a wonderfully busy and enriching week, packed with music, sport and exciting new experiences!

On Monday, our school choir took to the stage at the Chelmsford Junior Music Festival and delivered a truly stunning performance. Their enthusiasm and love of singing shone through in every moment. A special mention must go to Buster, who wowed the audience with a confident solo - a remarkable achievement! Thank you to Miss Kingston and Miss Marshall for their tireless work preparing the choir - a fantastic effort all round.

Our sport stars also travelled to District Sports and impressed us all with their determination, teamwork and excellent sporting spirit. Many certificates were earned for strong placings, but just as importantly, our pupils were outstanding ambassadors for the school throughout the event.

On Tuesday, we celebrated Diversity Day, which was a fantastic celebration of culture, individuality and community across our school. Children came dressed in cultural attire or clothes that reflected their own identity, and our brilliant Diversity Defenders ran a wonderful range of stalls in the hall. These included homemade food from different cultures, bookmarks featuring different languages, a dance workshop, badges and bracelets, and henna painting. It was a joyful day filled with learning, creativity and celebration.

Wednesday saw our maths team competing in the National Finals - what champions they were! Their excellent effort, determination and teamwork were a credit to the school, and we are incredibly proud of all they achieved.

On Thursday, we marked a fantastic World Music Day, led by Miss Kingston. The steel pan performer brought the school to life and gave pupils a brilliant opportunity to enjoy live music and celebrate musical traditions from another culture. It was a superb experience for everyone involved.

One of the week's biggest highlights was, of course, our annual Sports Day. The field was buzzing with excitement, energy and encouragement as children gave their all in a range of events. Congratulations to Hawking House, our Lower School winners, Anning House, our Upper School winners, and finally, to Hawking House, our overall winners! A huge thank you to Mr Curtis for organising such a brilliant day, to the Boswells students for their fantastic support, and to all the parents who came along to cheer - your encouragement made the day even more special.

What a week! We are so proud of our pupils for representing the school with such enthusiasm, talent and positivity.

Mrs S Edwards



Pupil of the Week

Cowell: Faryal
Seuss: Dilan
Dahl: Ffion
Lewis: Aanya
Walliams: Elodie
Rowling: Aravi
Tolkien: Mason
Morpurgo: Edward
Pullman: Maelyn

Award for
Outstanding Manners
Adam – Morpurgo Class
Sienna – Pullman Class

PE Award
Reggie – Rowling Class

Spellers Award
Walliams Class

Mrs Siddall's Attendance Award
Walliams Class – 98.8%

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	97.1%
Year 5	96.9%
Year 6	95.5%



Coming Up So Far

Thursday 25 th June	3.30pm-5.00pm – Open Day. Parents opportunity to walk around the school with their child. Email sent
Tuesday 23 rd June	Year 5 Food & Farming Trip – email sent. Please pay on ScoPay
Monday 29 th June	Year 6 Residential Trip – Children to register from 9am in school hall
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.

Week: Two						
	Monday	Tuesday	Wednesday	Thursday	Friday	
Main course	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' Gitches](#), 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



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.04.2028



Colchester Royal Grammar School

Compassion - Respect - Generosity - Support

11+ Open Evening

Tuesday 23rd June

6.30pm - 9pm

Day school for boys ages 11-18 years
with a co-ed Sixth Form and Boarding



Limited parking at rear of school

No booking required

6 Lexden Road, Colchester, CO3 3ND

crgs.co.uk

01206 509 100



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

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