



# Perryfields Junior School

## *The Friday Flyer*

Week 4 – October 2026

### Headteacher's Message

Dear Parents and Carers,

Although this week has been a little quieter in terms of whole-school events, there has still been plenty happening across the school community, and it has been lovely to see pupils engaging so positively in their learning and enrichment activities.

We began the week with our annual Allergies and Anaphylaxis Assembly, led by Mrs Markscheffel. This was an important reminder for all pupils about the importance of staying safe and being considerate of others with medical needs. The assembly helped pupils to understand more about allergies, how serious an allergic reaction can be, and the role we all play in helping to create a safe and supportive environment for everyone in school. It was a valuable and informative session, and we are grateful to Mrs Markscheffel for leading it so clearly and thoughtfully.

In Year 5, pupils have been working hard to prepare for their upcoming Harvest Festival. It has been a real pleasure to hear their singing and practising as they rehearse. Their melodious voices have created a wonderful atmosphere around the school, and it is clear how much care and effort they are putting into their performance. We are sure the festival will be a special occasion for both the pupils and their families.

Today Year 6 took part in their History Off The Page World War Two day, and what a memorable experience it was. Pupils enjoyed a wide range of hands-on activities designed to bring their learning to life and deepen their understanding of life during wartime. Days like this give children the opportunity to step into history, ask questions, and experience the past in a more immersive way. It was wonderful to see their enthusiasm and engagement throughout the day.

Thank you, as always, for your continued support. We are looking forward to more exciting learning and events in the weeks ahead.

Mrs S Edwards



### Pupil of the Week

Cowell: Orisa  
Seuss: George  
Dahl: Robyn  
Lewis: George  
Rundell: Timi  
Rowling: Yuvin  
Tolkien: Rose  
Morpurgo: Jazlyn  
Pullman: Izzy

Award for  
Outstanding Manners  
*Fatima – Lewis Class*  
*Marcus – Rowling Class*

PE Award  
*Harry – Tolkien Class*

*Random Act of Kindness*  
*Smyuti – Tolkien Class*

Mrs Siddall's Attendance Award  
*Tolkien Class – 99.2%*

### 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 | 98.4% |
| Year 4 | 94.7% |
| Year 5 | 98.6% |
| Year 6 | 97.6% |



### **Coming Up This Term So Far!**

|                                    |                                                                                               |
|------------------------------------|-----------------------------------------------------------------------------------------------|
| Thursday 15 <sup>th</sup> October  | Year 6 Enterprise Day WW2 – email sent                                                        |
| Thursday 15 <sup>th</sup> October  | Movie Night – email sent (see below). Please pay via ScoPay by Monday 5 <sup>th</sup> October |
| Friday 16 <sup>th</sup> October    | Year 4 Enterprise Day Greeks – email sent                                                     |
| Thursday 22 <sup>nd</sup> October  | Break the Rules Day – Details to follow                                                       |
| Thursday 5 <sup>th</sup> November  | Year 5 Harvest Festival – Please bring donations to the school office                         |
| Friday 13 <sup>th</sup> November   | School Photos                                                                                 |
| Friday 27 <sup>th</sup> November   | Christmas Fayre                                                                               |
| Thursday 10 <sup>th</sup> December | Christmas Jumper and Dinner Day                                                               |
| Tuesday 15 <sup>th</sup> December  | Year 4 Christmas Service – Details to follow                                                  |

**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 and the dessert of the day.**

|             |               | <div> <div>Week: <span>Two</span></div> <div> <div>Monday</div> <div>Tuesday</div> <div>Wednesday</div> <div>Thursday</div> <div>Friday</div> </div> </div> |                            |                                |                             |                                |
|-------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|--------------------------------|-----------------------------|--------------------------------|
| Main course | Meat          | Ham & Cheese Pinwheels                                                                                                                                      | Spaghetti Bolognese        | Chicken Korma                  | Sausage Rolls               | Fish Fillet                    |
|             | Vegetarian    | Cheese Pinwheels                                                                                                                                            | Meat Spaghetti Bolognese   | Vegetable Curry                | Meat Free Sausage Twist     | Cheese Quesadillas             |
|             | Gluten Free   | Cheese Pinwheels                                                                                                                                            | Spaghetti Bolognese        | Chicken Korma                  | GF Sausage Twists           | GF Fish Fingers                |
|             | Jacket Potato | Beans & Cheese                                                                                                                                              | Beans & Tuna               | Cheese & Tuna                  | Beans & Cheese              | Beans, Cheese & Tuna           |
|             | Side Dish     | New Potatoes & Broccoli                                                                                                                                     | Garlic Bread & Broccoli    | Rice, Naan Bread               | Crispy Cubes & Beans        | Chips & Beans                  |
|             | Vegetables    | Salad Bar                                                                                                                                                   | Salad Bar                  | Salad Bar                      | Salad Bar                   | Salad Bar                      |
|             | Packed Lunch  | Wraps (Tuna, Cheese or Ham)                                                                                                                                 | Wrap (Tuna, Cheese or Ham) | Baguette (Tuna, Cheese or Ham) | Wraps (Tuna, Cheese or Ham) | Baguette (Tuna, Cheese or Ham) |
|             | Dessert       | Orange Cookies                                                                                                                                              | Fruit Jelly                | Cornflake Tart & Custard       | Fresh Fruit Yoghurt         | Chocolate Muffin               |
|             | Drinks        | Water/Milk                                                                                                                                                  | Water/Milk                 | Water/Milk                     | Water/Milk                  | Water/Milk                     |

# AUTUMN MOVIE NIGHT

**4 SCREENS  
4 MOVIES  
YOUR CHOICE!**

**OUR CINEMA  
HAS EXPANDED!**  
Choose the film  
you want to watch!



**K-POP  
DEMON HUNTERS**  
SING ALONG VERSION PG

A fun, action-packed adventure where a girl group balances their pop star lives with their secret duty as demon hunters. Packed with music, friendship and epic battles – and this version is a sing along!



**Lilo & Stitch**  
LIVE ACTION U

A heart-warming and hilarious adventure about a lonely girl, Lilo, and a chaotic alien, Stitch, who form an unlikely friendship and learn what family really means.



**ZOOTROPOLIS  
2** PG

Judy Hopps and Nick Wilde are back for a brand new case in the bustling city of Zootropolis. When a mysterious new threat emerges, they'll need to work together, face new challenges and uncover the truth.



**ELIO** PG

A touching and imaginative adventure about a boy who is accidentally beamed to space and mistaken for Earth's ambassador. He discovers new friends, new worlds and learns that he's not alone.



**THURSDAY  
15TH OCTOBER**  
Straight from school  
(no collection required)

**£5**

Includes  
popcorn and  
a drink!



Finishes at  
**5.15pm**



Parents to line up at the playground gate at collection time and will be seen into the hall to collect children.  
No child is permitted to walk home.



Sign up on Sco Pay now and choose your favourite film!  
Must be booked by 5th October.





## October 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](https://facefamilyadvice.co.uk)

**Recordings available for 48 hours**

|                                   |              |
|-----------------------------------|--------------|
| Raising Self-Esteem               | 5 Oct 10am   |
| Supporting Healthy Sleep          | 5 Oct 7pm    |
| Decreasing Depression             | 6 Oct 10am   |
| Introduction to OCD               | 6 Oct 7pm    |
| Improving Family Communication    | 12 Oct 10am  |
| What is ACT?                      | 12 Oct 7pm   |
| Understanding Addictive Behaviour | 13 Oct 10am  |
| Supporting a Child with ADHD      | 13 Oct 7pm   |
| Understanding Anger               | 19 Oct 10am  |
| Understanding the Teenage Brain   | 19 Oct 7pm   |
| Supporting Healthy Screen Use     | 20 Oct 10am  |
| Autism: Improving Communication   | 20 Oct 7pm   |
| <b>FREE - ADHD and Homework</b>   | 22 Oct 7-8pm |
| Facing Defiance                   | 26 Oct 10am  |
| Cannabis & Ketamine Awareness     | 26 Oct 7pm   |
| School Anxiety                    | 27 Oct 10am  |
| Anxiety Explained                 | 27 Oct 7pm   |



## PROJECT: DANCE

Tuesday 27<sup>th</sup> October 2026  
Perryfields Infants School, Chelmsford  
CM1 7PP

Wednesday 28<sup>th</sup> October 2026  
Complete Dance Studios, Witham  
CM8 2AP

x1 day workshop   x2 dates   x2 venues   x2 opportunities  
School Years 1-6 (5-11yrs)   9am-3pm   £35 (10% sibling discount available)  
Halloween party & goody bags for all!

To book email [rachel@projectdanceworkshops.co.uk](mailto:rachel@projectdanceworkshops.co.uk)

**ACL**

# Free courses for parents & carers

5th - 16th October 2026

Gain practical **tips and techniques** you can use straight away.

Be around others that 'get it' in our **supportive and friendly** sessions.

| Monday       | Tuesday                                                     | Wednesday                                                                                                                                | Thursday                                                                | Friday                                                              |
|--------------|-------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------|
| 5th October  | 6th October                                                 | 7th October                                                                                                                              | 8th October                                                             | 9th October                                                         |
|              | <b>Zones of Regulation</b><br>Online Live<br>12:30 - 2:30pm | <b>Understanding ASC in Children</b><br>Online Live<br>6:30 - 8:30pm<br><br><b>Managing Big Emotions</b><br>Online Live<br>7:00 - 9:00pm | <b>Understanding Children's Anxiety</b><br>Online Live<br>7:00 - 9:00pm | <b>Understanding Teens Anxiety</b><br>Online Live<br>9:30 - 11:30am |
| 12th October | 13th October                                                | 14th October                                                                                                                             | 15th October                                                            | 16th October                                                        |
|              | <b>Family First Aid</b><br>Online Live<br>7:00 - 9:00pm     |                                                                                                                                          | <b>Family First Aid</b><br>Online Live<br>9:30 - 11:30am                |                                                                     |



To book, please visit **aclessex.com** and search the course name or give us a call on **0345 603 7635**.



**ACL**

# Free courses for parents & carers

19th - 30th October 2026

Gain practical **tips and techniques** you can use straight away.

Be around others that 'get it' in our **supportive and friendly** sessions.

| Monday                                                                                                    | Tuesday                                                             | Wednesday                                                               | Thursday                                                         | Friday                                                           |
|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|
| 19th October                                                                                              | 20th October                                                        | 21st October                                                            | 22nd October                                                     | 23rd October                                                     |
| <b>Managing Anger in Young People</b><br>Online Live<br>7:00 - 9:00pm                                     | <b>Separation Anxiety (Primary)</b><br>Online Live<br>7:00 - 9:00pm | <b>Separation Anxiety (Early Years)</b><br>Online Live<br>7:00 - 9:00pm | <b>Managing Conflict at Home</b><br>Online Live<br>7:00 - 9:00pm | <b>Building Better Routines</b><br>Online Live<br>9:30 - 11:30am |
| 26th October                                                                                              | 27th October                                                        | 28th October                                                            | 29th October                                                     | 30th October                                                     |
| <b>Half Term Week!</b> Visit <a href="https://aclessex.com">aclessex.com</a> to see what's starting soon. |                                                                     |                                                                         |                                                                  |                                                                  |
|                                                                                                           |                                                                     |                                                                         |                                                                  |                                                                  |



To book, please visit **aclessex.com** and search the course name or give us a call on **0345 603 7635**.



# Parents and Carers

## Key Online Safety Resources



Childnet have a dedicated area to support parents and carers with information on key topics, advice and activities to share with your child.

[childnet.com/parents-and-carers](https://childnet.com/parents-and-carers)

### Childnet Resource Hub

Choose resources for 'parents and carers' to see leaflets, resources and activities to do with your child.

[childnet.com/resources](https://childnet.com/resources)



Advice on key online issues, tips, guides and blogs from partners: Childnet, SWGfL and the IWF.

[saferinternet.org.uk](https://saferinternet.org.uk)

### Safer Internet Day

Join the celebrations for Safer Internet Day every February! We provide free tips, advice, videos, quizzes and more.

[saferinternetday.org.uk](https://saferinternetday.org.uk)

### Reviews and tools

**The Family Gaming Database** shares research and advice on thousands of video games, including content warnings and PEGI ratings.

[familygamingdatabase.com](https://familygamingdatabase.com)

**Common Sense Media** provides expert reviews, advice and age-appropriate recommendations on games, apps, films and more. Users can access up to three free reviews per month.

[commonsensemedia.org](https://commonsensemedia.org)

**Parental controls and privacy settings** described step-by-step alongside support on a range of online safety topics.

[internetmatters.org/parental-controls](https://internetmatters.org/parental-controls)

**Want to stay up to date?** Sign up for the Childnet newsletter to hear about our latest advice on the most popular apps, new blogs and more.

[childnet.com/signup](https://childnet.com/signup)

## Making a report

For advice on the reporting tools for popular games, apps and social media platforms visit [childnet.com/how-to-report](https://childnet.com/how-to-report) for more information.

**Report Harmful Content** is a national reporting centre offering advice and links to industry reporting tools. It also provides support by reviewing outcomes after a report has been made on a platform or app.

[reportharmfulcontent.com](https://reportharmfulcontent.com)

Report suspected online child sexual abuse or grooming to your child's school/local police. If necessary, contact the **Child Exploitation and Online Protection command (CEOP)**.

[ceop.police.uk](https://ceop.police.uk)

Report online child sexual abuse images and videos with the **Internet Watch Foundation's** anonymous reporting tool.

[iwf.org.uk](https://iwf.org.uk)

Information on hate crime and advice on how to report it in England, Wales and Northern Ireland.

[report-it.org.uk](https://report-it.org.uk)

National reporting centre for fraud and cybercrime in England, Wales and Northern Ireland.

[actionfraud.police.uk](https://actionfraud.police.uk)

For Scotland, reports can be made to Police Scotland: [scotland.police.uk/contact-us](https://scotland.police.uk/contact-us).

## Get help and support

There are lots of organisations who work to support families and children. Visit [childnet.com/get-help](https://childnet.com/get-help) if you're worried about an online concern.

**NSPCC**

0808 800 5000  
[nspcc.org.uk](https://nspcc.org.uk)

Free support and advice for adults concerned about the safety or wellbeing of a child.



0808 800 2222  
[familylives.org.uk](https://familylives.org.uk)

Free support and advice on any aspect of parenting and family life.



0808 802 5544  
[youngminds.org.uk](https://youngminds.org.uk)

Free support and advice on how to support young people's mental health and wellbeing.

## Helplines for children & young people

**childline**

0800 11 11  
[childline.org.uk](https://childline.org.uk)

Providing help and support for under 18s.



[themix.org.uk](https://themix.org.uk)

Providing help and support for 13-25 year olds.



@childnet



@childnetinternational



# Asthma Newsletter

## Winter 2026

**Did you know flu is a major trigger for asthma attacks?**

**Want to know how to protect your child this winter?  
Follow the Community Children's Asthma Nurses top tips:**

- Take your **preventer** inhaler everyday.
- Always use a **spacer** unless you have a dry powder inhaler.
- Make sure you get your **flu vaccine**.



We need a spacer to ensure the medicine gets to our lungs.



What does a "preventer" inhaler do?

1. It reduces the swelling and inflammation within the airway in the lungs.
2. This makes the airways less sensitive to asthma triggers.
3. Using it every day as prescribed, will mean you need to take your rescue (blue) inhaler less.

According to UKHSA data the flu vaccine is up to 75% effective at preventing hospital attendances due to flu.



**What is good asthma control?**

1. **No symptoms during the day.**
2. **No symptoms waking them at night.**
3. **Able to complete all normal activities including PE.**
4. **Little/ no need for the rescue (blue) inhaler.**

If you are worried that your child's asthma is not controlled despite preventer treatment, please visit your GP for an asthma review and why not discuss referral to the Children's Community Asthma Service.



## You Are Not Alone Drop-in

Every 1<sup>st</sup> Tuesday of the month - 7.00pm - 8.30pm

### A free monthly online drop-in for parents & carers

The **You Are Not Alone** community is a friendly and safe space run by Erik & Sally Wagter where you can come and learn about autism & PDA, ask questions, connect with like-minded people or simply listen and learn from other people's conversations.



In this community we talk about all sorts of things such as:

- helping your child regulate their emotions & feelings (meltdowns etc)
- understanding autism and PDA
- navigating school and EHCPs
- Supporting your child with friendships
- understanding and managing challenging behaviour
- managing sensory needs
- developing a positive relationship with your child (family dynamics)
- exploring EOTAS or home education
- looking after your wellbeing
- and so much more



### Here's what parents have said:

*'My husband Jamie was saying that in the last few sessions, he has learned **so much more about autism and PDA** than he has over the past year - Jo (parent)*

*'Thank you so much for the group this evening. I can't tell you how grateful I feel and I **really do feel less alone** and more validated. My hope is back' - Louise (parent)*

You can request the **Zoom link** on our website

<https://youarenotalone.community> or you can send an email to

[team@youarenotalone.community](mailto:team@youarenotalone.community)

