



Perryfields Junior School

The Friday Flyer

Week 5 – October 2026

Headteacher's Message

Dear Parents and Carers,

A huge congratulations to our mixed Tag Rugby team, who represented the school brilliantly at this week's inter-school competition. Their skill, determination and sportsmanship were fantastic to see, and we are incredibly proud of every player involved.

On Thursday, Miss Cole led a thoughtful assembly for World Mental Health Day. The children explored what mental health means and reflected on the importance of looking after their own wellbeing. They also discussed lived experiences, considering how people's backgrounds and personal experiences can shape the way they feel and respond to situations. The children learned about the rollercoaster rule - that two people can do the exact same thing but have completely different feelings about it. This helped pupils understand that emotions and reactions are personal, and that it is important to be considerate of how others may experience the same situation differently. The assembly also encouraged children to think about a range of strategies they can use to manage their emotions during challenging times.

Thank you to all the parents and carers who attended our first Parent Training and Communication Session of the year, which focused on reading and supporting with homework. For anyone who was unable to attend, the slides and resources have been sent out by email. We are already looking forward to our next session, which will focus on online safety and privacy settings/parent controls. Miss Kingston will be sending out a survey shortly to find out what support you would find most helpful.

We are also very much looking forward to our Year 4 and Year 6 Enterprise Days next week, and we hope many of you will be able to join us in the morning to share in the children's learning. The pupils have worked hard preparing their activity stations and are excited to welcome you and showcase what they have been doing.

Finally, as the weather turns colder and rain becomes more frequent, please can we remind you to ensure your child brings a coat to school each day so they can continue to enjoy outdoor play, even in light rain or drizzle.

Wishing you all a restful and happy weekend.

Mrs S Edwards



Pupil of the Week

Cowell: Emily
 Seuss: Anna
 Dahl: Ameya
 Lewis: Aadya
 Rundell: Harry S
 Rowling: Dorabella
 Tolkien: Aiyla
 Morpurgo: Darshan
 Pullman: Harry

Award for
 Outstanding Manners
 Natalia – Dahl Class
 James – Morpurgo Class

PE Award
 Aidan – Morpurgo Class

Mrs Siddall's Attendance Award
 Seuss Class – 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%
Year 4	96.9%
Year 5	97.6%
Year 6	97.5%



Coming Up This Term So Far!

Monday 12 th October	Teacher Clubs available to book via ScoPay from 4pm – email sent
Monday 12 th October	Parents Evening Appointments go live via School Spider @ 6.30pm
Thursday 15 th October	Year 6 Enterprise Day WW2 – email sent. Parents of Year 6 please join us at 9.15am
Thursday 15 th October	Movie Night
Friday 16 th October	Year 4 Enterprise Day Greeks – email sent. Parents of Year 4 please join us at 9.15am
Monday 19 th October	Parents Evening – email sent
Wednesday 21 st October	Parents Evening – email sent
Thursday 22 nd October	Break the Rules Day – email sent
Wednesday 4 th November	Year 5 Harvest Festival – Details to follow. Please bring donations to the school office
Thursday 5 th November	Year 5 Harvest Festival – Details to follow. Please bring donations to the school office
Friday 13 th November	School Photos
Monday 23 rd November	Ancient Greek Workshop Year 4 – Details to follow
Friday 27 th November	Christmas Fayre
Thursday 10 th December	Christmas Jumper and Dinner Day
Tuesday 15 th 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.

		Week: One				
		Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Meat	Baguette Pepperoni Pizza	Popcorn Chicken	Mini Gammon Roast	Mini Breakfast with Sausage	Chicken Chunks
	Vegetarian	Baguette Cheese Pizza	Meat Free Popcorn Fillet	Mini Vegetable Bake Roast	Mini Breakfast with Quorn Sausage	Meat Free Dippers
	Gluten Free	Gluten Free Cheese Pizza	Popcorn Chicken	Mini Gammon Roast	Mini Breakfast with GF Sausage	GF Fish Fingers
	Jacket Potato	Tuna & Cheese	Beans & Cheese	Beans & Tuna	Beans & Cheese	Beans, Cheese & Tuna
	Side Dish	Pasta Salad Sweetcorn	Crispy cubes Beans	Country Mixed Vegetables Roast Potatoes, Yorkshire Pudding & Gravy	Hash Browns, Beans, Mushrooms & Tinned Plum Tomatoes	Chips & Beans
	Vegetables	Salad Bar	Salad Bar		Salad Bar	Salad Bar
	Packed Lunch	Baguette (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	Fresh Fruit Yoghurt	Fruit Smoothies	Chocolate & Cinnamon Shortbread	Fresh Fruit Yoghurt	Brownie
	Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

Perryfields Junior School

Teacher Clubs Letter – Autumn 2026



We are pleased to be able to offer the following Teacher Clubs in school after half term.

Teacher Clubs - Commencing Monday 2nd to Monday 23rd November. These clubs will be available to book through your ScoPay account from Monday 12th October from 4.00pm until Friday 16th October at 4.00pm. Please make sure to tick the consent box on your ScoPay account to secure your child's place. There is no charge for these clubs.

THE CLUBS ARE ALL ON THE SAME DAY. PLEASE SELECT ONLY ONE CLUB FOR YOUR CHILD. CHILDREN WHOSE NAME APPEARS ON DIFFERENT CLUBS WILL BE DESELECTED AND PARENTS WILL BE ASKED TO CHOOSE AGAIN WHICH MAY RESULT IN YOUR CHILD NOT TAKING PART IN A CLUB.

TEACHER CLUBS				
Club	Day	Time	Years	Notes
Mindfulness	Monday	3:15 - 4:15	All Years	
Code Breaking Club	Monday	3:15 - 4:15	All Years	
Art Club	Monday	3:15 - 4:15	All Years	Old shirt or apron needed.
Orienteering Club	Monday	3:15 - 4:15	All Years	Children will need warm coats and trainers.
Ukulele Club	Monday	3:15 - 4:15	All Years	Ukulele provided by the school

Places will be allocated on a first come first served basis. If your child no longer wants to do a club, please let us know as soon as possible. If your child cannot attend a club after school for any reason, please would you kindly let the office/teacher know in advance.

Pupil Premium

If your child is in receipt of free school meals and they would like to attend a club, please contact the school office on 01245 250781 before the clubs go live.

BREAK THE RULES DAY

Thursday 22nd October 2026

We're excited to announce a special Break the Rules Day, where students can break some of the usual school rules in exchange for donations to support our upcoming Christmas Fayre!

This is a fun opportunity for the children to express their creativity, while also helping to raise funds for a fantastic event.



What is Break the Rules Day?

On this day, students can break a few selected rules that we'll allow. These are:



To take part...

We kindly ask for a donation towards our Christmas Fayre (which is set out for each year group below).

The more you donate, the more rules you can break!

For every donation, your child can break up to 2 rules.

★ Donation Ideas by Year Group ★

Year 3



Boxes/bags of chocolates or large chocolate bars (for our chocolate tombola - please wrap the chocolate in wrapping paper for that extra little surprise!)

Year 4



Large soft drink bottles (for the bottle tombola)

Year 5



Gifts (new or nearly new for our secret stall)

Year 6



Sweet filled or toy filled jars (for our jar tombola) or a bottle of alcohol (for our 'Water or Wine' game - wrapped in newspaper would help a great deal!)

How to Participate

- 1 Choose one donation or more to bring in on the day.
- 2 Break the rules! Your child can choose up to 2 rules to break per donation (from the list we've provided), and have a fun-filled day of school with a twist.



All donations will be collected in the classrooms on the morning of Thursday 22nd October 2026.

Please ensure that any food items are within their expiry date and any gifts are in good condition.

We hope this will be a fun and enjoyable day for the children, while helping to support our school community and the Christmas Fayre.



Thank you for your continued support, and we can't wait to see all the creative rule-breaking!





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

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
FREE - ADHD and Homework	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




Chelmsford

HALF TERM HOLIDAY ACTIVITIES






FREE SESSIONS

10am - 2pm





For young people aged: **5-13**

**Harway House,
Rectory Lane
Chelmsford, CM1 1RQ**

Bookings Open:
21st September 12pm

All sessions include Games, Sports, Arts & Crafts, Spring fun & Lunch and Snack!

If your child/children receive income-related free school meals, or are from a low-income working family and need extra support, you can book by scanning the QR code or by visiting this link:
<https://forms.cloud.microsoft/e/JB6GBQ67J1>

If you need help with booking or have any questions, please contact Rebecca at: rebeccas@essexboysandgirlsclubs.org
Limited places available! Book now to avoid missing out!

Dates:

Monday 16th October
Tuesday 17th October
Wednesday 18th October
Thursday 19th October

Essex Boys and Girls Clubs Harway House, Chelmsford, CM1 1RQ
Tel: 01245 264783 Charity No: 1163658 Web: essexboysandgirlsclubs.org



PROJECT: DANCE

Tuesday 27th October 2026
Perryfields Infants School, Chelmsford
CM1 7PP

Wednesday 28th 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



OPEN MORNING

SWIMMING TRIALS



08:00 - 09:00



SUNDAY 1 NOVEMBER



AGES 8-14 YEARS



FOR COMPETITIVE SWIMMING



RIVERSIDE LEISURE, CHELMSFORD



**MUST BE ABLE TO SWIM
ALL FOUR SWIMMING STROKES**

TO ATTEND SIGN UP HERE FOR FREE

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
	Zones of Regulation Online Live 12:30 - 2:30pm	Understanding ASC in Children Online Live 6:30 - 8:30pm Managing Big Emotions Online Live 7:00 - 9:00pm	Understanding Children's Anxiety Online Live 7:00 - 9:00pm	Understanding Teens Anxiety Online Live 9:30 - 11:30am
12th October	13th October	14th October	15th October	16th October
	Family First Aid Online Live 7:00 - 9:00pm		Family First Aid Online Live 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
Managing Anger in Young People Online Live 7:00 - 9:00pm	Separation Anxiety (Primary) Online Live 7:00 - 9:00pm	Separation Anxiety (Early Years) Online Live 7:00 - 9:00pm	Managing Conflict at Home Online Live 7:00 - 9:00pm	Building Better Routines Online Live 9:30 - 11:30am
26th October	27th October	28th October	29th October	30th October
Half Term Week! Visit aclessex.com 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

Childnet Resource Hub

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

childnet.com/resources



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

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

Reviews and tools

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

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

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

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

Making a report

For advice on the reporting tools for popular games, apps and social media platforms visit 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

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

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

iwf.org.uk

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

report-it.org.uk

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

actionfraud.police.uk

For Scotland, reports can be made to Police Scotland: 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 if you're worried about an online concern.

NSPCC

0808 800 5000
nspcc.org.uk

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



0808 800 2222
familylives.org.uk

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



0808 802 5544
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

Providing help and support for under 18s.



themix.org.uk

Providing help and support for 13-25 year olds.

 @childnet

 @childnetinternational

 **Childnet**

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www.childnet.com education@childnet.com Registered UK Charity: 1080173

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 1st 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

