



Perryfields Junior School

The Friday Flyer

Week 6 – October 2026

Headteacher's Message

Dear Parents and Carers,

This week, our newest pupil leadership team, the Diversity Defenders, impressed the school community by delivering our Spotlight on Black History assembly. Speaking clearly and confidently, they shared thoughtful messages that encouraged everyone to value and celebrate the achievements, culture and influence of Black people throughout history. They are to be congratulated for their maturity, teamwork and strong leadership.

On Thursday, Year 6 delivered a highly successful WWII Enterprise Day, which was equally engaging and memorable for everyone involved. The practical activities enabled pupils to build a deeper understanding of important events from the Second World War, and Year 6 deserves great praise for the effort, imagination and teamwork shown throughout the day.

Then today, Year 4 celebrated Ancient Greece with a brilliant Enterprise Day that created lots of excitement among children and parents. The carefully planned, hands-on experiences gave pupils a richer insight into Ancient Greek life and culture, and Year 4 should be commended for their creativity, hard work and enthusiasm.

We are looking forward to meeting with parents via video conference at our first parents' evening next week and sharing how the children have settled and progressed so far this year. Please also remember that you will be invited into school at the end of January to look at your child's work and celebrate their achievements.

On a final note, our movie night was a huge success, and the children thoroughly enjoyed the experience. We are delighted to have raised a fantastic amount of money, which will go towards creating an outdoor musical instrument area where the children can explore sounds, experiment with rhythm and enjoy making music together. A huge thank you to all our wonderful parent volunteers and staff who gave their time and support to help make the event such a success. We are so grateful for our fantastic school community!

In addition, we are excited for Break the Rules Day next week and would like to thank you in advance for your donations.

Have a lovely weekend.

Mrs S Edwards



Pupil of the Week

Cowell: Reuben
Seuss: Vlad
Dahl: Tanvik
Lewis: Andrew
Rundell: Alex
Rowling: Ahana
Tolkien: Jude
Morpurgo: George
Pullman: William

Award for
Outstanding Manners
Micky – Cowell Class
Ayan – Rowling Class

PE Award
Krishna – Rundell Class

Spellers Award
Seuss Class

Mrs Siddall's Attendance Award
Seuss Class 99.7%

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	99.1%
Year 4	98.7%
Year 5	97.3%
Year 6	99%



Coming Up This Term So Far!

Monday 19 th October	Parents Evening – email sent. This appointment is via video not on school premises
Wednesday 21 st October	Parents Evening – email sent. This appointment is via video not on school premises
Thursday 22 nd October	Break the Rules Day – email sent
Friday 23 rd October	Inset Day
Wednesday 4 th November	Year 5 Harvest Festival – email sent. Please join us at 9.10am in the school hall. Please bring donations to the school office
Thursday 5 th November	Year 5 Harvest Festival – email sent. Please join us at 9.10am in the school hall. 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: Two						
		Monday	Tuesday	Wednesday	Thursday	Friday
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

THE HAUNTING AT 56

56 MENDIP ROAD
CHELMSFORD, ESSEX, CM1 2HP

5TH - 31ST
OCTOBER 2026

COMPLETELY
FREE
TO VISIT

SCAN TO DONATE
VIA JUSTGIVING

justgiving.com/page/the-haunting-at-56

SPOOKY DISPLAYS
LIGHTS
PROPS
MUSIC
& MORE!

RAISING FUNDS IN AID OF
Alzheimer's Society

10 Top Tips for Parents and Educators

ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

4 CREATE A SAFE SPACE FOR CONCERNS

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforce and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website

#WakeUpWednesday

The National College



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

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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:



Wear non-uniform
(instead of school uniform – no pyjamas please!)



Wear football kits



Crazy hair or wild hairstyles



Wear nail varnish or temporary tattoos



Wear trainers instead of school shoes



Bring a soft toy to school



Swap out a healthy snack for any snack you like (no nuts please!)



Bring a chocolate bar in your lunch box (no nuts please!)



Bring squash in your water bottle

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

Helen Rollason
Cancer Charity



FATHER CHRISTMAS *Experience*

Layer Marney Tower

Friday 18th December 2026
Timeslots from 10:00am to 5:00pm

Tickets £35 per child, £10 per adult



SCAN ME



TICKETS MUST BE PRE-BOOKED

www.helenrollason.org.uk

**For more information call 01245 380719
or email fundraising@helenrollason.org.uk**



Fundraising in aid of Helen Rollason Cancer Charity
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Registered Charity No: 1052861

CHRISTMAS TREE COLLECTION

Are you having a real Christmas tree
this Christmas?

Would you like an easy
way to recycle it after
Christmas?



We'll be collecting real Christmas trees
from doorsteps across Essex in return
for a small, suggested donation.

(We'll be collecting from 9th January to 13th January 2027)

Register Today

www.just-helping.org.uk/register-tree

Helen Rollason will receive 85% of the net monies raised
JustHelping will distribute the remaining 15% to other local charities

JUSTHELPING



Registered with
**FUNDRAISING
REGULATOR**

Registered Charity No: 1052861

SCAN ME!



Helen Rollason
Cancer Charity

In partnership with



Essex
Wildlife Trust

Essex County Council
Essex
ACTIVE

Chelmsford

HALF TERM HOLIDAY ACTIVITIES

BOYS & GIRLS CLUBS
ESSEX

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 26th October
Tuesday 27th October
Wednesday 28th October
Thursday 29th October

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



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.



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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.