



Perryfields Junior School

The Flyer

Week 7 – October 2026

Headteacher's Message

Dear Parents and Carers,

A heartfelt thank you to all the parents and carers who joined us online for Parents' Evenings this week. It was a pleasure to see the strong interest you continue to show in your children's learning. We also greatly valued the lovely feedback about how well the children have settled into their new classes.

To keep up to date with what is happening across the school, we encourage you to explore our class blogs and class pages on the school website, which provide a wonderful insight into the exciting learning taking place each week. You can also view our Knowledge Organisers and Curriculum Maps to gain a clearer overview of your child's learning for the term and the year ahead.

On Wednesday, we were delighted to welcome Essex Fire and Rescue, who led a highly engaging Fire Safety Assembly focused on staying safe during Halloween and firework season. The children listened carefully, asked thoughtful questions and took away some important safety messages. We are extremely grateful to Essex Fire and Rescue for sharing their expertise and helping to reinforce such vital advice.

Today's Whole School Maths Day was a fantastic experience for everyone involved. The children thoroughly enjoyed a range of practical and active challenges, including counting car colours and presenting the results mathematically, drawing giant shapes with coloured chalk using mathematical clues, classifying natural materials and displaying data, and taking part in a school-wide scavenger hunt to solve a series of mathematical problems. It was a brilliant way to bring maths to life outdoors and to show how maths can be both active and fun.

At the same time, our Break the Rules Day brought a wonderful sense of fun and excitement across the school. The children had a fantastic time taking part, and we have been absolutely amazed by the generous donations received for our upcoming Christmas Fayre. Thank you so much for your kindness, support and continued generosity.

We would like to wish all of our families a wonderful, restful and well-deserved half-term break.

Mrs S Edwards



Pupil of the Week

Cowell: Hayden
Seuss: Keira
Dahl: Farib
Lewis: Rosa
Rundell: Krisha
Rowling: Hope
Tolkien: Harry
Morpurgo: Aarav
Pullman: Penny

Award for
Outstanding Manners
Phoebe – Lewis Class
Ralph – Lewis Class

PE Award
Ffion – Tolkien Class

Spellers Award
Rundell Class

Mrs Siddall's Attendance Award
Tolkien Class- 99.6%

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	98.3%
Year 4	98%
Year 5	98.4%
Year 6	97.4%



Coming Up This Term So Far!

Friday 23 rd October	INSET DAY
Monday 2 nd November	Teacher clubs start
Wednesday 4 th November	Year 5 Harvest Festival – email sent. Please join us at 9.10am in the school hall (places to be booked via school office).
Thursday 5 th November	Year 5 Harvest Festival – email sent. Please join us at 9.10am in the school hall (places to be booked via school office).
Thursday 5 th November	Special Bonfire Lunch – please book through ScoPay
Friday 13 th November	School Photos
Monday 23 rd November	Ancient Greek Workshop Year 4 – email sent
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.

Thursday is our special 'Bonfire Lunch'. Please see email and poster for more details!

Week: One					
					
					
Main course	Meat	Baguette Pepperoni Pizza	Popcorn Chicken	Mini Gammon Roast	Chicken Chunks
	Vegetarian	Baguette Cheese Pizza	Meat Free Popcorn Fillet	Mini Vegetable Bake Roast	Meat Free Dippers
	Gluten Free	Gluten Free Cheese Pizza	Popcorn Chicken	Mini Gammon Roast	GF Fish Fingers
	Jacket Potato	Tuna & Cheese	Beans & Cheese	Beans & Tuna	Beans, Cheese & Tuna
	Side Dish	Pasta Salad Sweetcorn	Crispy cubes Beans	Country Mixed Vegetables Roast Potatoes, Yorkshire Pudding & Gravy	Chips & Beans
	Vegetables	Salad Bar	Salad Bar		Salad Bar
	Packed Lunch	Baguette (Tuna, Cheese or Ham)	Baguette (Tuna, Cheese or Ham)	Wrap (Tuna, Cheese or Ham)	Baguette (Tuna, Cheese or Ham)
	Dessert	Fresh Fruit Yoghurt	Fruit Smoothies	Chocolate & Cinnamon Shortbread	Brownie
Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	

Perryfields Junior School

SPECIAL BONFIRE LUNCH

THURSDAY 5TH NOVEMBER 2026

MAIN MENU



Banger Sausages
Fright Fries
Boo Beans
Spooky Salad Bar
Crackling Cupcakes



VEGETARIAN OPTION

Vegetarian Banger Sausages
Fright Fries
Boo Beans
Spooky Salad Bar
Crackling Cupcakes



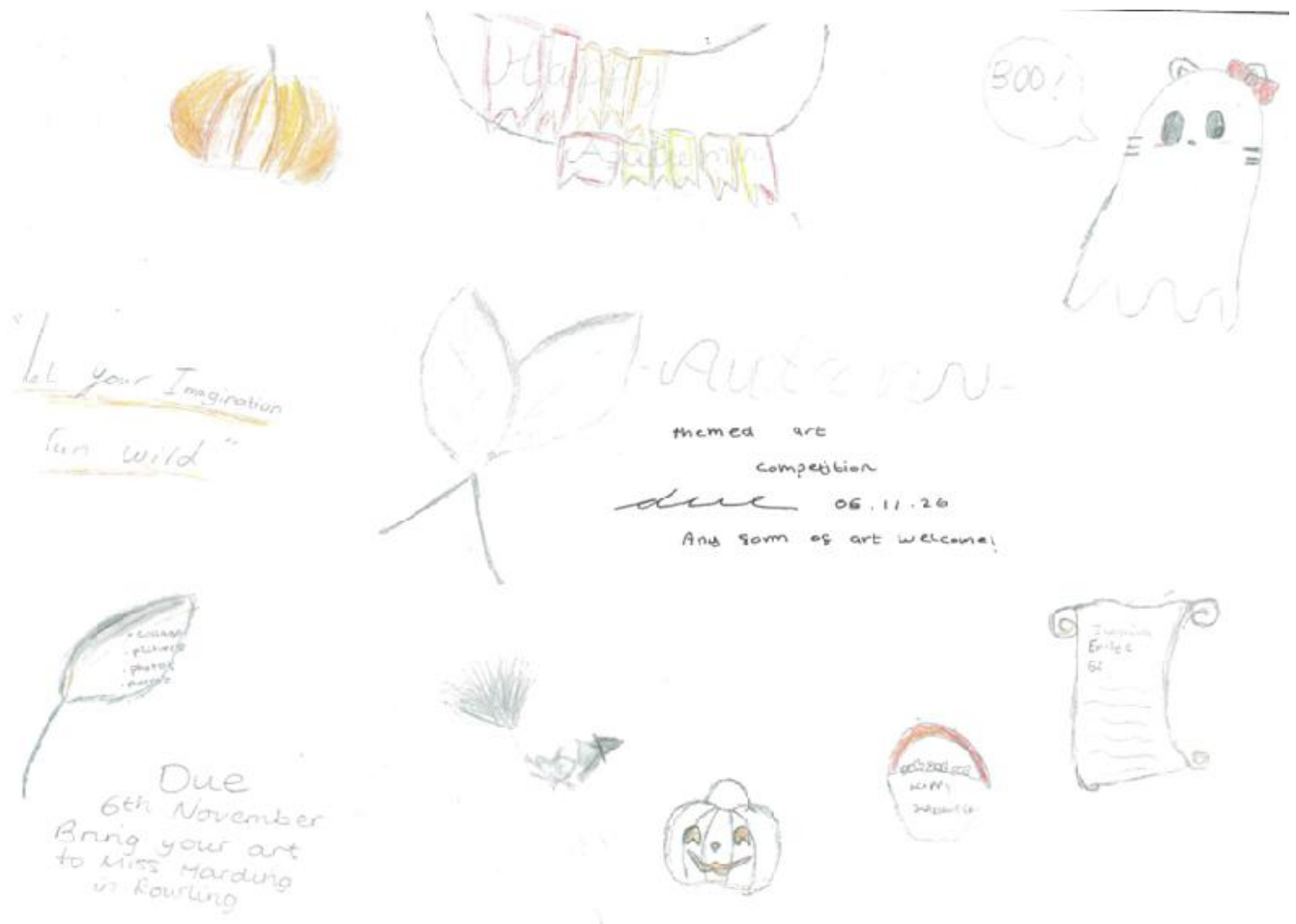
GF OPTION

GF Banger Sausage
Fright Fries
Boo Beans
Crackling Cupcakes



Good Food
Good Times
Together ♥





**If you would like to enter our Art Competition, please
bring your work to Miss Harding by Friday 6th
November!**

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 viewed 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 CSOP 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 workforces 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

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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



TICKETS MUST BE PRE-BOOKED

www.helenrollason.org.uk

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

SCAN ME



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

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

