Perryfields Junior School

The Friday Flyer

Week 10 – November 2026

Headteacher's Message

Dear Parents and Carers,

We began the week by marking Anti-Bullying Week and reflecting on its important message: "Break the Silence." A special assembly, led by Mr Robertson and our School Council, encouraged pupils to speak up, show kindness and help ensure that everyone feels safe, valued and included. We would like to thank them for leading such a thoughtful and meaningful start to the week.

We also celebrated Odd Socks Day by wearing our brightest and most colourful odd socks, proudly embracing the message that it is good to be different. It was wonderful to see so many children taking part and helping to create such a positive celebration of respect, courage and inclusion.

On Tuesday, Year 3 enjoyed an exciting visit from Essex Fire and Rescue. The children learned lots of valuable information about staying safe at home, including fire prevention and what to do in an emergency. They listened carefully, asked thoughtful questions and showed great enthusiasm throughout the visit.

On Thursday, we carried out our lockdown drill. All of the children took part sensibly and maturely, following instructions calmly and demonstrating excellent behaviour. These important practice drills help us to ensure that everyone knows what to do to stay safe in an emergency, and we were very impressed with how well the children responded.

Today, we enjoyed our annual Autumn Music Extravaganza - what a fantastic showcase it was! From solo performances to class pieces, as well as brilliant contributions from the choir, the children were fantastic. Well done to everyone who took part and helped make the event such a success.

Looking ahead to next Friday, we are excited to welcome you to our Christmas Fayre. There will be festive stalls, games and activities to enjoy, along with plenty of prizes to be won. Our raffle this year is especially impressive, with a huge thank you to Mrs Siddall, Miss Buckle and the PTA for all their hard work - it is definitely not one to miss! You can also look forward to a choir performance and hot sausage rolls from the kitchen hatch, making it a truly festive afternoon for all. The programme of activities will be sent home in children's bags today. If you are able to offer any help on the day, please contact the school office. We are still very short of volunteers and would be extremely grateful for any support.

Finally, with the weather turning much colder, please ensure that children come to school dressed appropriately for the conditions. We would also encourage pupils to wear trousers rather than shorts where possible, to help keep them warm during outdoor activities.

Have a wonderful weekend!

Mrs S Edwards

Pupil of the Week

Cowell: George
Seuss: Vaani
Dahl: Fern
Lewis: John
Rundell: Anvitha
Rowling: Elodie
Tolkien: Adyha
Morpurgo: Charlotte
Pullman: Elizabeth

Award for
Outstanding Manners
Sienna – Tolkien Class
Leo – Tolkien Class

PE Award
Sophie – Pullman Class

Spellers Award
Lewis Class

Mrs Siddall's Attendance Award
Seuss & Rowling Class – 99.4%

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	98.7%
Year 4	95.6%
Year 5	96.9%
Year 6	96%



Coming Up This Term!

Monday 23rd November	**Ancient Greek Workshop Year 4 – Please give permission and pay via ScoPay. Volunteers needed please contact the school office. Email sent**
Tuesday 24th November	**Year 5 attending The Boswells School for the pantomime. Children should arrive to school promptly at 8.15am. Email sent**
Friday 27th November	**Christmas Fayre – email sent**
Tuesday 1st December	**Deposit due for Residential Trip 2028 (current year 5's)**
Thursday 10th December	**Christmas Jumper Day**
Thursday 10th December	**Christmas Dinner Day – email sent**
Tuesday 15th December	**Year 4 Christmas Service – Details to follow**
Wednesday 16th December	**Christmas Bauble Making – Details to follow**
Thursday 17th December	**House Talent Contest & Sing Off!**
Friday 18th December	**Christmas Parties – School finishes at 1.30pm (no Teatime Club)**

Please see 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

Parents of current Year 2 children at an infant school need to make a formal application to the Council for a junior school (Year 3) place and can do so via the website www.essex.gov.uk/admissions.

The junior admission round opened on **9 November 2026**, for parents of children in Year 2 at an infant school to apply for a junior school (Year 3) place for September 2027.

The statutory national closing date for applications is **15 January 2027**.

Applications can be made online via www.essex.gov.uk/admissions.

All of the application information is available on the website above.

At The National College, our Wake Up Wednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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 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.

#WakeUpWednesday

The National College

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: 07.01.2026



December 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	30 Nov 10am
Introduction to OCD	30 Nov 7pm
Understanding Addictive Behaviour	7 Dec 10am
Supporting a Child with ADHD	7 Dec 7pm
Improving Family Communication	8 Dec 10am
What is ACT?	8 Dec 7pm
Supporting Healthy Screen Use	14 Dec 10am
Autism: Improving Communication	14 Dec7pm
Understanding Anger	15 Dec 10am
Understanding the Teenage Brain	15 Dec 7pm

FACE is having a facelift!

From January 2027, we're making FACE even better!

Look forward to **more topics,** more **free sessions on our YouTube channel,** and **24/7 access to recordings** of our parent talks for families with a FACE School Membership.

More choice, more flexibility, more support – whenever you need it!

CHRISTMAS FAYRE

All Saints' Church
Springfield

Saturday 12th December
2pm – 4.30pm

- Raffle
- Gifts
- Hook a Bag
- Children's Crafts
- Chocolate Tombola
- Lucky Dip
- and more!



VISIT
FATHER CHRISTMAS
(small charge applies)

Fundraising event towards church facilities