



Palfrey Junior School Newsletter

Dale Street ,Palfrey, Walsall, WS1 4AH Telephone:- 01922 721092

www.palfrey-j.walsall.sch.uk

Friday 16th January 2026 Issue 13

Golden Certificates

Well done to the following children who have been awarded a Golden Certificate this week for fantastic work , behaviour and attitude to learning:



- Cl 1 Zain A
- Cl 4 Hafsa D K
- Cl 5 Aminah K
- Cl 5 Ameen H
- Cl 6 Mustafa A
- Cl 6 Aysha J
- Cl 6 Alia P K
- Cl 7 Amir A
- Cl 8 Aisha A
- Cl 8 Imad A
- Cl 9 Umar
- Cl 10 Aryan H
- Cl 11 Asna W
- Cl 12 Somaya A
- Cl 12 Daneen K
- Cl 12 Mariam G



- Cl 6 Romeesa A
- Cl 7 Amaya B
- Cl 8 Fatma E



- Cl 4 Ananuallah N
- Cl 5 Ummayzah C
- Cl 8 Rasheed-Ahmed N
- Cl 10 Isra A

This Week In School



Year 3 - have been placing numbers on a number line and rounding in maths, they have been editing punctuation in a paragraph in literacy and in topic, they have been looking at how Greek climate affects lifestyle.

Year 4 - have started to look at a Victorian story about runaway orphans in literacy, they have been learning all about the human digestive system and naming the different parts and in art, they have been researching Indian art called Gond.



Year 5 - have been learning to about angles in triangles, quadrilaterals and circles in maths, they have made clay human models and then written a set of instructions on how to make them in literacy and in topic, they have been learning about WW2.

Year 6 - have been drawing what they imagined a Viking would look like in topic, they have been investigating what happens to shadows when a light source is moved away from an opaque object in science and in art, they have researched shadow puppets.



TT Rock Stars Battle of the Bands Thursday 29th January 2026

Every year, Palfrey Junior School hosts a TT Rock Star Battle of the Bands . Children take part in time table rock stars activities with the fastest players from each year group playing head to head in front of the whole school to discover who will be the..... **ultimate PJS Times Table Rock Star!!!**

All children have their own logs in details and can practise their time tables on TT Rock star at home.

To make the day really fun we ask the children to come to school dressed as cool rock stars e.g. jeans, t-shirts , spikey hair, sunglasses, caps, bandanas etc...



Come to the Book Fair

We are pleased to say that we will be having the Scholastic Book Fair again in school this year. Information posters on page 3 & 4.



Book Fair will be in school Monday 26th -30th January and open to parents/ carers 2:45pm - 3:30pm in the Hub Hall

Year	Start Time	Finish Time
Y 3 & Y 4	8:40am	3:10pm
Y5 & Y6	8:30am	3:00pm



Please make sure your child is arriving to school on time everyday.

Attendance Spotlight

Did you know that if your child is over 30minutes late for school they will get a U mark in the register? The U mark means present after registration has closed and is the same as a morning absence mark. It also means your child will have missed the part or all of their first lesson! Be on Time - Every Time!

Inspire Workshops

Throughout the year we like to invite parents/carers to come into school to take part in some fun & creative activities with your children. Workshops are between 1:40 and 2:45pm and due to space only 1 adult per child allowed. Thank you



Y6 Viking Longboats
Wed 21st January - CI 11
Thurs 22nd January - CI 10



Tues 27th January - Y3 Greek Vases
Wed 4th March - Y4 The Water Cy-



Class 1 – 93%
Class 2 – 86%
Class 3 – 97%
Class 4 – 96%
Class 5 – 94%
Class 6 – 99%
Class 7 - 94%
Class 8 - 92%
Class 9 - 97%
Class 10 - 96%
Class 11 - 95%
Class 12 – 96%



Important Attendance Info

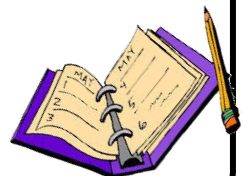
All registers are reviewed weekly. Emails are then sent out informing parents /carers of concerns over poor or falling attendance. **90% attendance or below is classed as being a persistent absentee (PA) & absences will only be authorised with medical evidence.** Please make sure you report all absence as unreported absences can not be authorised - call on 01922 721092, text or sent in app message. Any pics of any medical evidence can be sent to support@palfrey-j.walsall.sch.uk **Medical evidence will be required if your child has had multiple days off over different weeks.** Thank you

All children need to come to school wearing their **PE kit** on their PE days. **Plain white T-shirt, plain black joggers/ leggings/shorts and trainers.**

	PE Days
Class 1	Friday
Class 3	Wednesday -swimming
Y4	Tuesday-Swimming
Class 6	Tuesday
Y5	Monday
Class 10	Friday
Class 11 & 12	Thursday

Monday 19th January -Y6 Inspire Workshop Class 12
Wednesday 21st January - Y6 Inspire Workshop Class 11
Thursday 22nd January - Y6 Inspire Workshop Class 10
26th -30th January- Book Fair Week
Tuesday 27th January -Y3 Inspire Workshop - Greek Vases
2nd - 6th February - National Story Telling Week & Well Being Week
Tuesday 10th February- Internet Safety Day

Dates for the Diary



What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

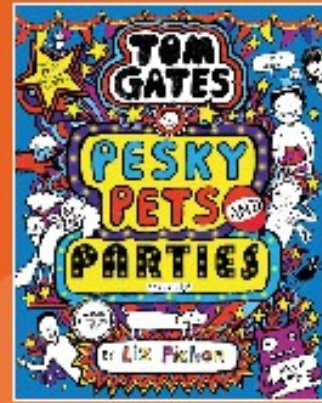
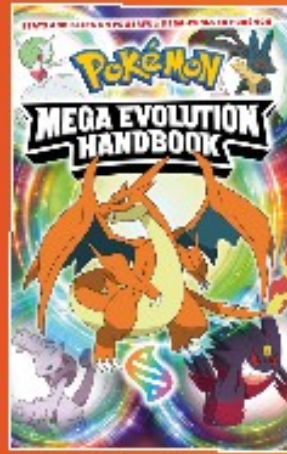
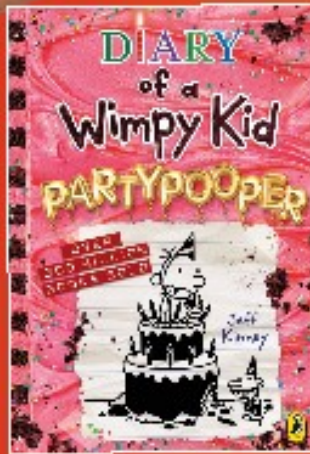
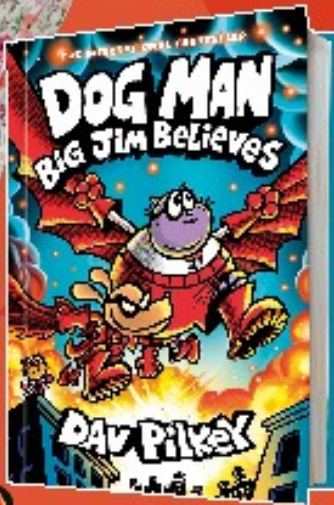
The National College

Every book you buy earns **FREE BOOKS** for our school!

COME TO OUR BOOK FAIR

AND FIND YOUR NEXT FAVOURITE READ!

Art © Dav Pilkey, DODDMEYER & PIRKEY



DATE:
26th -30th January

TIME:
2:45pm - 3:30pm

LOCATION:
The Hub Hall



Children will also have the opportunity to look at the books and buy books during the school day.

Discover
books from
£2.99

MORE NEW BOOKS YOU'LL LOVE!



All books subject to availability.

DISCOVER MORE BOOKS ONLINE!

www.bookfairs.scholastic.co.uk/bookcases



Payment at our Book Fair

Please check with your school for the best way to pay for your books

- You may pay by card at the Fair via card reader machines if your school has one or by using the online payment link at www.bookfairs.scholastic.co.uk/pay and simply selecting your school from the drop down menu.
- Pre-paid gift vouchers are available in £5, £10, £15, £20 and £25. Go to www.bookfairs.scholastic.co.uk/gift-vouchers to buy vouchers for your child before the Fair.
- If you can't attend the Fair in person, your child can order books via a Wish List – please ask your school for details.

HELP EARN FREE BOOKS

Scholastic is one of the largest providers of free books to schools via our Reward scheme which helps to ensure that as many children as possible have access to books that support reading for pleasure. Every time you buy from the Book Fair, you help to make a difference by supporting literacy in your child's setting. Last year, with your help, we gave over £5.3M worth of free books to schools nationwide, which stocked school libraries and classrooms.



*Free books are subject to terms and conditions. Please contact your Book Fair Organiser or Scholastic Book Fairs for details.
All books subject to availability. Book range may vary. ⚠ Warning: Not suitable for children under 3. Small parts.

Community Corner

Contact Aaina Hub on 01922 644006 or 07799143805 support@aainahub.com

www.aainahub.com

	Morning	Afternoon
Monday	Advice & Support - 10:00am - 12:00pm Women's Health and Well-being - 10:00am - 12:00pm (£1.00 per session)	Advice & Support - 12:30pm - 2:00pm
Tuesday	Advice & Support - 10:00am - 12:00pm Sewing - 10:00am - 12:00pm (£1.00 per session)	Advice & Support - 12:30pm - 2:00pm
Wednesday	Advice & Support - 10:00am - 12:00pm Palfrey Park Cycling Session - 10:00am - 12:00pm	Advice & Support - 12:30pm - 2:00pm
Thursday	Advice & Support - 10:00am - 12:00pm	Advice & Support - 12:30pm - 2:00pm Employability Search - 12:30pm - 2:30pm
Friday	Ladies Bingo - 10am-11am Women's Well-being Clinic - 10.00am-12.00pm Strength and Balance Class - 11.00am-12.00pm (£1.50 per session)	Women's Well-being Clinic - 12:00pm-3:00pm



funded through



Walsall Council



ARE YOU STRUGGLING TO PAY YOUR BILLS?

NEED SOMEONE TO HELP YOU MAKE SENSE OF IT?
NEED SOME ENERGY SAVING ADVICE?

Book an appointment with our ECAO today!!

01922 644006

Note that Aaina Community Hub is a women's centre, and its services are primarily for women, including this one. Thank you for your understanding.

Free Advice & Support

Monday - Friday
9:30 am - 5:00 pm

- Financial & Housing Support
- Homelessness
- Safe Spaces
- Energy advice and support (WEAP)
- Multilingual assistance: Romanian, Slovakian, Polish, Russian, Ukrainian, Latvian Lithuanian, Bulgarian, Urdu, Panjabi, Gujarati

NASHDOM - 01922 616444

nash_domcic | Nash Dom CIC

Contact us to book an appointment
info@nashdomcic.org | 01922616444

Nash Dom Community Hub, Sun St, Walsall, WS1 4AL

Making Connections Walsall

Get Connected, Stay Connected

Making Connections Walsall is a friendly service for residents of all ages in Walsall that aims to address loneliness, social isolation and to empower residents to take responsibility for their own health and well-being

0121 380 6690

Walsall Council | MAKING CONNECTIONS WALSALL

DADS GROUPS

We know Dads play a vital role in their children's lives.

We have lots on offer for you at Walsall Family Hubs;

- Dads Stay and plays (weekdays and weekends)
- Dads 4 Dads Peer Support Groups
- One to One support
- Parenting Workshops - Henry
- DadsPad App
- and much more

No booking, just turn up

For more information contact Ed
07584 521955 or email
EarlyHelpParentingTeam@walsall.gov.uk

Quote from a Dad: "Stay and play gave me confidence to be myself without fear of feeling judged"

SCAN HERE TO TAKE A LOOK AT OUR FREE AND EXCITING ACTIVITIES.

Walsall Families in the Know | www.walsallfamilyhubs.co.uk

UK Government

For parents' questions, BIG & small.

Why is my baby crying?
What should I pack in my hospital bag?
How do I apply for childcare support?

Get advice and support at BestStartInLife.gov.uk

BEST START IN LIFE

If you have babies or toddlers at home or are expecting a new baby there is a new government website called Best Start In Life which offers lots of support and advice.

[Click on this link to take you to the Best Start In Life website](http://BestStartInLife.gov.uk)



Dates for the Diary



Monday 19th January	Y6 Inspire Workshop Class 12
Wednesday 21st January	Y6 Inspire Workshop Class 11
Thursday 22nd January	Y6 Inspire Workshop Class 10
Thursday 22nd January	TT Rockstars Battle of the Bands — postponed —
Thursday 29th January	TT Rockstars Battle of the Bands (dress like a rock star)
26th -30th January	Book Fair Week
Tuesday 27th January	Y3 Inspire Workshop - Greek Vases
2nd - 6th February	National Story Telling Week & Well Being Week
Friday 6th February	Y5 Joy of Movement
Tuesday 10th February	Internet Safety Day
Wednesday 11th February	International Women and Girls in Science Day
Thursday 12th February	The Big Harmony Sing
Friday 13th February	Break up for Half term
Monday 23rd February	Back to school—On time please!
Wednesday 25th February	Y4 Inspire workshop — postponed
Wednesday 4th March	Y4 Inspire workshop NEW DATE
Wednesday 4th & Thursday 5th March	Y3 – Learn to ride
Thursday 5th March	Our World/ Culture Day - Non uniform day
Monday 9th March	Y4 Bike fix
Thursday 12th March	Y4 STEM workshop @Wolverhampton University
Thursday 12th March	Y3 Pedestrian Safety Training
Thursday 12th March	Mother’s Day Celebration Afternoon 1:40 - 2:45pm
Friday 13th March	Y3 Pedestrian Safety Training
23rd - 27th March	Well Being Week
Monday 23rd March	Y5 Inspire Workshop - Tee pee Making
Tuesday 24th March	Y4 Fire Safety Talks
Wednesday 25th March	Y4 Inspire Workshop - The Water Cycle
Friday 27th March	Break up for Easter Holidays
Monday 13th April	Back to school- on time please!
27th April –1st May	Well Being Week
Tuesday 28th April	Year 3 Inspire Workshop - Volcanoes
Monday 4th May	School Closed - May Bank Holiday
11th - 14th May	Year 6 SATs week
18th - 22nd May	Science Week



Dates may change and more events and extra details will be added to the newsletter throughout the



Useful numbers

If you need help, support, advice or are concerned or worried these services can help.

CRIME STOPPERS –0800 555 111 or 101 or in emergencies 999

Black County Women’s Aid– 0121 553 0090 (Domestic Abuse Support)

SAYA multilingual Phone line - 0800 389 6990 (Domestic Abuse Support)

Early Help Hub- 0300 555 2866 (option 1)

CGL (old Sure Start, South Street) 01922 6423382



Family Information Services- 01922 653383

Citizens Advice Bureau -0300 3301159

www.walsallcab.org.uk



NSPCC - 0808 800 5000

CHILDLINE -0800 1111



Bereavement Services - Child & Family Helpline: 01922 645035 www.wbss.org.uk



The Samaritans– 116 123



If you are finding it difficult to feed you family during these difficult time we are now partnered with Black Country Food Bank and can issue Food Vouchers that can be re-deem locally. Please call us or email support@palfrey-j.walsall.sch.uk and we will get back to you. This is strictly confidential.

If you need additional support or guidance ,you can also contact the Early Help Hub on 01922 6423382, Family Information Services 01922 653383 or Walsall Council on 0300 555 2855 or

[Cost of living support website](#)



[The Hub of Hope](#) is the UK’s leading mental health support database. It brings local, national, peer, community, charity, private and NHS mental health support and services together in one place. Simply type your post code into the search bar, then select the area of support you need and it will show you information and contact details of all the local organisations and support available for you to access.



[Ollee](#) is a virtual friend aimed at 8-11 year-olds and their parents, Ollee is a browser-based app that helps children and families explore feelings and emotions, and gives advice to help resolve issues. You can [try it here](#)