



Palfrey Junior School Newsletter

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

www.palfrey-j.walsall.sch.uk

Friday 12th September 2025 Issue 1

**WELCOME
BACK TO
SCHOOL**

Welcome back to a new school year. We hope you all had a fantastic summer break and are ready for another fun packed, exciting year at Palfrey Junior School. We are so pleased with how well all of the children have settled into their new classes and are looking happy, enthusiastic and eager to learn ...not to mention super smart in their new school uniforms. We have also had the pleasure of welcoming our wonderful new Year 3 pupils, who have also settled in really well and we hope they will be very happy here.

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.



	<u>PE Days</u>
Class 1 & 2	Friday
Class 3	Wednesday -swimming
Y4	Tuesday
Class 6	Tuesday - Swimming
Y5	Monday
Class 10	Friday
Class 11 & 12	Thursday



Reminders that there are Traffic Enforcement cameras

on Dale Street . Fines will be issued to those who use the road during the designated pedestrian zone times without a permit.



Playtime Snacks

Children are welcome to bring in their own **healthy snacks** for break time, fruit, yogurt, cereal bars etc.. but **NO** crisps, sweets or chocolate are allowed. *We also asked that crisps in packed lunches are limited to a once a week Friday treat.* Thank you



Be an Attendance **H.E.R.O.**



We have had a positive start to the school year. Attendance and punctuality has been good. But please make sure your child is on time for school everyday. If children are late they are arriving rushed, unorganised and are missing registration and the start of their first lesson. They are also disrupting the rest of the class. Thank you

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



Reporting an Absence

If your child is going to be absent please contact us by 9:00am to let us know. This can be via text, app message or phone call (option 1 and leave a voicemail) please make sure you tell us your child's name, class and why they will not be at school. Thank you

Late Collection Reminder

Please remember there is a late collection charge of £5 if you are 15 minutes or more late to collect your child. (Policy available to view on school website.) Please contact the office if you are going to be late, and you must call or pop into the office if somebody different is collecting your child. Thank you

IN LOVING of those who are
Memory forever in our hearts



Swimming Kits

All children in Year 3 & 4 will be having swimming lessons at some point this year. Children will be told when it is their turn by their teacher and an email sent out informing parents/ carer. On their swim days children need to bring a swimming costume or trunks, a towel and swim cap. These can be purchased using the school's online payment system (Arbor). Swimming this term: Class 3 and Class 6



School Dinners @ Palfrey Junior School

School dinners are £2.55 per day booked online via the Arbor app

Delicious hot food menu available on [school website](#)

Selection of sandwiches available and a help yourself salad bar.

Fresh homemade desserts and fruit

If you need help booking please pop into the office or call 01922 721092



If your child is eligible for free school meals, they can have a hot meal or sandwich and dessert everyday at NO cost. Why not give it a try?

DINE WITH MIQUILL		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	DINE Main Meal	Beef Burger in a Bun with Potato Wedges and Green Salad or Peas	Lasagne with Garlic Bread and Sweetcorn or Side Salad	Roast Chicken Stuffing & Gravy with Roast Potatoes and Carrots or Broccoli	Chicken Wrap with Wholegrain Rice and Rainbow Slaw	Fish Fingers with Chips and Garden Peas or Baked Beans
	DINE Vegetarian Meal	Quorn Burger in a Bun with Potato Wedges and Green Salad or Peas	Veggie Bolognese with Garlic Bread and Sweetcorn or Side Salad	Veggie Potato Cakes and Carrots & Broccoli	Cheesy Baked Bean Wrap with Wholegrain Rice and Rainbow Slaw	Vegetarian Vegetable Fingers with Chips and Garden Peas or Baked Beans
	DINE Jackets or Pasta	Jacket Potatoes and Pasta available daily.	Jacket Potatoes and Pasta available daily.	Jacket Potatoes and Pasta available daily.	Jacket Potatoes and Pasta available daily.	Jacket Potatoes and Pasta available daily.
	Dessert Sweet choices	Chocolate Chip Cookie	Lemon Drizzle	Chocolate Brownie	Apple Flapjack	Ice Cream
WEEK COMMENCING: 28/04, 19/5, 09/06, 30/06, 21/07, 01/09, 22/09, 20/10		Fresh Bread is available daily with a choice of Yoghurt, Jelly, and Fruit instead of dessert				



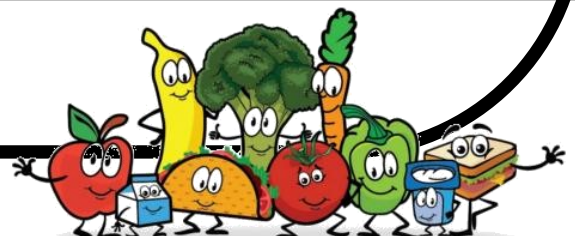
DINE WITH MIQUILL		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK TWO	DINE Main Meal	Chicken Sausages & Onion Gravy with Mash and Peas & Carrots	Meat Feast Pizza with Rainbow Slaw and Sweetcorn	Roast Chicken & Stuffing with Roast Potatoes, Gravy and Cabbage or Broccoli	Chicken Tikka Masala with Wholegrain Rice and Cauliflower or Roasted Carrots	Fish Fingers with Chips and Garden Peas or Baked Beans
	DINE Vegetarian Meal	Veggie Sausages & Onion Gravy with Mash and Peas & Carrots	Cheese & Tomato Pizza with Rainbow Slaw and Sweetcorn	Macaroni Cheese Side Salad or Broccoli	Vegetable Korma with Wholegrain Rice and Cauliflower or Roasted Carrots	Vegetable Nuggets with Chips and Garden Peas or Baked Beans
	DINE Jackets or Pasta	Jacket Potatoes and Pasta available daily.	Jacket Potatoes and Pasta available daily.	Jacket Potatoes and Pasta available daily.	Jacket Potatoes and Pasta available daily.	Jacket Potatoes and Pasta available daily.
	Dessert Sweet choices	Orange Cookie	Fresh Fruit Salad	Chocolate Crunch	Syrup Sponge & Custard	Ice Cream
WEEK COMMENCING: 05/05, 25/05, 16/06, 07/07, 08/09, 06/10, 27/10		Fresh Bread is available daily with a choice of Yoghurt, Jelly, and Fruit instead of dessert				



To see if your child is eligible for free school meals follow the link below and complete the online application form.

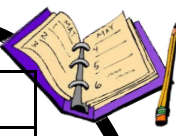
<https://go.walsall.gov.uk/schools-and-learning/schools-in-walsall/school-meals/apply-for-free-school-meals>

DINE WITH MIQUILL		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK THREE	DINE Main Meal	All Day Breakfast with Hash Browns and Baked Beans	Beef Bolognese with Pennie Pasta, Garlic Bread, Sweetcorn and Peppers or Carrots	Roast Chicken Stuffing & Gravy with Roast Potatoes and Cabbage or Courgettes	Chicken Pasta Bake with Leeks or Broccoli	Fish Fingers with Chips and Garden Peas or Baked Beans
	DINE Vegetarian Meal	Veggie All Day Breakfast with Hash Browns and Baked Beans	Wholemeal Pasta Vegetable Bake with Garlic Bread, Sweetcorn and Peppers or Carrots	Cheese & Potato Pie with Cabbage & Courgettes	Veggie Noodles with Leeks or Broccoli	Vegetable Fingers with Chips and Garden Peas or Baked Beans
	DINE Jackets or Pasta	Jacket Potatoes and Pasta available daily.	Jacket Potatoes and Pasta available daily.	Jacket Potatoes and Pasta available daily.	Jacket Potatoes and Pasta available daily.	Jacket Potatoes and Pasta available daily.
	Dessert Sweet choices	Rainbow Cookies	Vanilla Iced Sponge	Shortbread	Carrot Cake	Ice Cream
WEEK COMMENCING: 12/05, 02/06, 23/06, 14/07, 15/09, 13/10		Fresh Bread is available daily with a choice of Yoghurt, Jelly, and Fruit instead of dessert				





Dates for the Diary



Friday 12th September	Roald Dahl Day -children to dress up as favourite character
18th September	UK Day
Friday 19th September	Trade a Tin - non uniform Day for Black Country Food Bank
Thursday 25th September	Macmillan Fundraising Day (non-uniform, popcorn & cake for £2)
Friday 26th September	Macmillan Coffee Morning Parents/community
Monday 29th September	British Values Day
Monday 29th September	Nurses in school for Flu vaccinations
Wednesday 1st October	Year 5 STEM Robotics Workshops
Thursday 2nd October	Poetry Day
1st-24th October	Black History Month
Friday 10th October	World Mental Health and Happiness Day
Monday 20th & 21st October	Year 3 Stone Age Workshop
Thursday 23rd October	Monster Mash Dress Up Day (no charge)& Break up for Half Term
Friday 24th October	Target Day
27th - 31st October	Half Term Holiday
Monday 3rd November	Back to school & M&M Theatre Show Robin Hood
Wednesday 3rd November	Year 6 Inspire Workshop
Monday 10th November	Year TOGO NOGO Pedestrian Safety Training
Tuesday 11th November	Remembrance Day
Wednesday 12th November	Year 4 -Tamworth Castle Trip
12th & 13th November	Year 6 Bikability
Friday 14th November	Children In Need– non uniform day and pop corn for £2
17th-21st November	Anti- Bullying Week
Wednesday 19th November	Whole School SEND WOW Day
Wednesday 26th November	Year 4 Inspire Workshop—Norman Shields 1:40-2:45pm
Friday 28th November	Artist Day
Tuesday 2nd December	Year 3 Inspire Workshop –Victorians
Thursday 4th December	Winter Fayre
Monday 8th December	Year 5 Inspire Workshop - CSI 1:40-2:45pm
Thursday 11th December	Christmas Jumper Day £1
Monday 15th December	Christmas Around the World Day
Tuesday 16th December	School Choir Christmas Concert
Wednesday 17th December	Christmas Lunch
Thursday 18th December	Toy Day & Break up for Christmas Holiday
Friday 19th December	School Closed Staff Training Day
Monday 5th January	Back to School



BLACK HISTORY MONTH



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

A Healthy Packed Lunch

It has come to our attention that some children are not being given an appropriate or healthy packed lunch. A packed lunch should contain a variety of food including sandwiches, fruit, snack and a drink. Here are some ideas that should be included in your child's lunch box everyday.

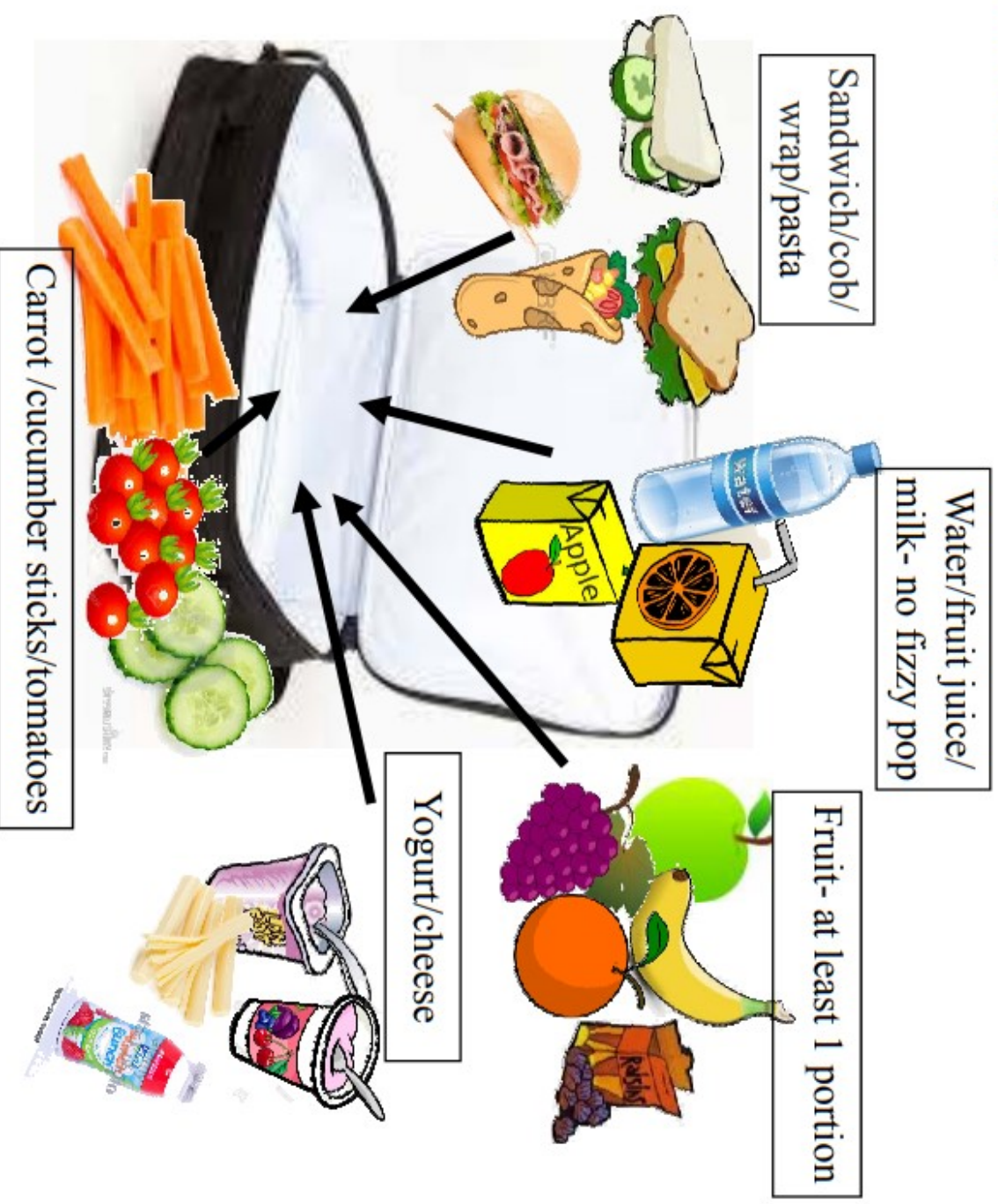
According to [NHS choices](#) a balanced lunchbox should contain:

- Starchy foods like bread, rice, potatoes or pasta
- Protein foods like meat, fish, eggs or beans
- A dairy item, like cheese or yogurt
- Vegetables or salad
- A portion of fruit

For more ideas visit-

www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration

change
4 life





Black Country Women's Aid
we listen, we support, we care



CRIME STOPPERS
0800 555 111
Call anonymously with information about crime

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

**BLACK COUNTRY
FOODBANK**
LOVE . CONNECT . INVEST



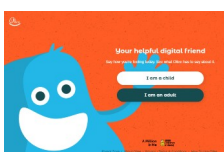
If you are finding it difficult to feed you family during these difficult time we are now partnered with Black Country Food Bank and can issue Food Vouchers that can be re-deem locally. Please call us or email support@palfrey-j.walsall.sch.uk and we will get back to you. This is strictly confidential.

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](#)