



Palfrey Junior School Newsletter

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

www.palfrey-j.walsall.sch.uk

Friday 17th July 2026 Issue 31

Message from the Head teachers

As we reach the end of another successful school year, we would like to take this opportunity to thank our pupils, families, staff and governors for their continued support throughout the year.

We are incredibly proud of all that our children have achieved. Our pupils have demonstrated resilience, kindness, determination and a willingness to learn. They continue to be excellent ambassadors for our school.

We would also like to recognise the dedication and hard work of our staff, who consistently go above and beyond to ensure that every child is supported, challenged and encouraged to reach their full potential.

To our Year 6 pupils, we wish you every success as you move on to secondary school.

Finally, thank you to all our parents and carers for working in partnership with us throughout the year.

We hope everyone enjoys a safe, restful and happy summer holiday. We look forward to welcoming our pupils back in September, ready for another exciting year of learning and achievement.



Drayton Manor Trip

Year 6 (and staff) had an incredibly hot but fantastic time at Drayton Manor last week . They braved

loads of the rides including; Wave Swinger, The Wave, Accelerator, Gold

Rush, Thor, even Maelstrom!!! Their behaviour around the park was exemplarily and a credit to our school and yourselves as parents/carers. Well done.



Mrs Jackson , congratulations on reaching this wonderful milestone. Thank you for all your hard work, dedication, and the positive difference you have made at

Palfrey Junior School over the years- we will miss you!

Congratulations and enjoy every moment of your retirement!



I had lots of fun and it was the best way to end the year.
Maryam G



Year 6 Water Fight



It was the best! We got soaking wet and we got all the teachers too! Fatema and Maryam



Sewa Kitchen

We would like to thank everyone at Sewa Kitchen again this year ,for their continued support for our school and wider community, their fantastic donations have enabled us to give out lots of food packages throughout the year.





Tuesday 1st September - Teacher Training Day

Wednesday 2nd September - School open for YEAR 3 only

Thursday 3rd September - School open for ALL Year Groups

WELL DONE



Congratulations to the Umar N Y3 who won the Y3 attendance raffle of a £50 Smyth Toy Superstore voucher



	PE Days
Year 5	Monday
Class year 4	Tuesday
Class 4	Tuesday-Swimming
Year 3	Wednesday
Class 1	Wednesday - swimming
Class 11 & 12	Thursday
Class 10	Friday

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.**

on time



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

It is really important that your child arrives at school on time everyday. Arriving late means they miss out on valuable registration activities and disrupt the class and teacher.

We understand that there might be occasions when being late is unavoidable however, we would expect this to be very occasionally and not a daily or weekly occurrence. If your child is frequently late for school you will be invited into school for a meeting discuss our concerns and ways to improve punctuality. We thank you for your support in this matter

Online Safety Reminder

As we enter the six weeks holidays, it is inevitable that children will be spending more time online. Please make sure you are supervising your child's online usage and are monitoring the video games, films they are watching and Apps they are using. There are age certificates for a reason! 15 and 18 certificate films and games are NOT suitable for any children at this school. It's also really important for you to know who your child is talking to online, so make sure to ask them regularly about what they are doing and who they are 'friends' with. Lots of online safety info can be found on our website <https://www.palfrey-j.walsall.sch.uk/online-safety/>, [NSPCC](https://www.nspcc.org.uk) and [Internetmatters.org](https://www.internetmatters.org)



Check out the 'How to Keep Children Safe Online over the Summer' poster on p3



ROAD SAFETY



Staying Safe this Summer

We want all of our children to have a fun and safe summer holiday, so please make sure your children are safe on the roads and near water. Always WEAR A SEATBELT in a car, be careful when out & about crossing roads and near open water or in swimming pools.

- Always use a crossing if there is one.
- If there is not a crossing find a space where there are no parked cars and you can see clearly in both directions.
- STOP, LOOK and LISTEN
- Look Left, Look Right and Left again
- NEVER run across a road

[Twinkle Road Safety Video](#)

What Parents & Educators Need to Know about KEEP CHILDREN SAFE ONLINE OVER SUMMER

School's out ... for summer! Yes, it's that time of the year again: around six weeks at home for ecstatic youngsters. For many young people, a bumper stint off school means a welcome chance to spend even more time with their games console, phone, tablet or smart TV. So whether your children are likely to be scrolling on Snapchat, nestling in front of Netflix or frying foes on Fortnite, we've put together some top tips to help you keep them safe online this holiday.

THERE'S NO NETWORK LIKE HOME

Teenagers, especially, tend to be delighted to find that a coffee shop, restaurant or shopping centre offers free WiFi. These public networks are much less secure than home WiFi, though, so discourage your child from making online purchases or entering personal details when out and about.

IT'S 'THE GREAT OUTDOORS' FOR A REASON

For most northern hemisphere-dwellers, this time of year is a rare opportunity to enjoy the outside world in pleasant weather. Remind your child how amazing it is to feel the sun on their back and fresh air in their lungs. Disney+ and Minecraft will still be there on drizzly Sundays in October.

PRIVATE INFO STAYS PRIVATE

It's worth checking your child's social media or gaming profiles occasionally to make sure they aren't inadvertently giving away too much information. Details such as their full name, address or where they go to school could all be used to track them down by individuals with sinister intentions.

KEEP TALKING

It sounds blindingly obvious, but having regular chats with your child about who they're talking to online, what games and apps they're using and what shows they're streaming is a huge benefit. It doesn't have to be every day or even every week, but it can signal potential issues well in advance.

LIGHTS OUT, SCREENS OFF

This is a golden rule: try to limit how much screen time your child has towards end of the day. Staring at the screen of a phone or tablet for too long before bed severely impacts a child's quality of sleep – which can play havoc with their concentration, mood and energy levels the next day.

FOCUS ON FACTS

The internet is phenomenal at spreading gossip. When children of certain ages aren't in daily contact at school, the digital rumour mill can go into overdrive. Remind your child not to believe everything they're told online – especially if the person involved isn't around to provide their side of the story.

WATCH FOR EXCESSIVE GAMING

With no school, children often take every opportunity to fit in 'just one more go' on their favourite game – sometimes at the cost of their daily routine, or having family time. A little extra gaming is to be expected in the holidays, but if it could become problematic if it evolves into a recurring habit.

LIMIT SOCIAL AUDIENCES

When they're old enough, young people love to broadcast their summer holiday highlights all over social media. The unfortunate truth, however, is that we don't always know who might be viewing this content. Check the settings to ensure that only friends and family can see your child's posts.

DEMONSTRATE GOOD HABITS

Children often learn their digital behaviour from watching the grown-ups around them. So make sure your child observes you being positive and supportive on social media, for example – and, especially, sees that you know when it's time to switch the screen off, even though you're having fun.

#WakeUpWednesday

The National College®



Positive Mental Health and Well-being



Meet Ollee – a virtual friend for your child

School, friendships, bullying, the internet...

Some subjects aren't easy for children to talk about.

Ollee helps families have those tricky conversations – and gives children advice and support when they need it.

What is Ollee?

Ollee is a digital friend for children aged 8-11 – created by Parent Zone and funded by BBC Children in Need's A Million & Me initiative. It helps them explore feelings around things like school, family, friends and the world – and share advice with you or another trusted adult.

They can tell Ollee how they're feeling – happy, sad, worried, confused or something else – and it will give them ideas about what to do. Even if they're not sure, Ollee will help them figure it out.

Ollee also helps you and your child share advice and talk about feelings together. You can do this easily through connected Ollee accounts. Parents can also explore the different emotional scenarios their child might be experiencing – with tailored parenting advice.

Ollee's ready to talk. Try it out now.



app.allee.org.uk



parentzone

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Have a look at our useful links for more information, helpful advice and activities you can do at home.



What is the Hub of Hope?

The Hub of Hope is the UK's leading mental health support database which brings local, national, peer, community, charity, private and NHS mental health support and services together in one place

How do I use it?

You can use the website or download the app. Searching by postcode or the name of a town allows anyone, anywhere to find the nearest source of support for any mental health issue



<https://www.mindkit.org.uk/5-ways-to-wellbeing/>

<https://www.childline.org.uk/toolbox/calm-zone/>

<https://www.annafreud.org/on-my-mind/self-care/>

<https://www.palfrey-j.walsall.sch.uk/well-being-and-mindfulness-activities/>

<https://youngminds.org.uk/find-help/for-parents/>



Ask yourself where are you on the mood scale today?

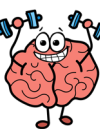


SAMARITANS

Call us free 24/7 on

116 123

samaritans.org



1-3 = Please talk to someone about how you are feeling.
 4-6 = Try doing an activity from our website, visit the CalmZone / Anna Freud or do an activity you really enjoy—hopefully this will help you back on track and move up a level!
 7-10 = You are feeling good, keep doing what you are doing! Share that smile!



We help with anxiety, depression, or stress

FREE confidential, and tailored for you

Our experts have helped lots of people in Walsall become happier and healthier

For anyone aged 17 or over registered with a Walsall GP

Support available via...

In-person Phone Video Online Workshop

Call 0800 953 0995 or self-refer by visiting www.walsalltalkingtherapies.nhs.uk

SCAN ME

	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




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

If you have babies or toddlers at home or are expecting a new baby there is a new government website called 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)

NASHDOM - 01922 616444

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



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.



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

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



Walsall families in the know

www.walsallfamilyhubs.co.uk

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

***FREE COMMUNITY COURSES AVAILABLE AT WALSALL COLLEGE**

Including Photography & Videography
Healthy Lifestyles,
Introduction to Digital Marketing and
Introduction to Fashion & Textiles

Contact 01922 657000 or
CommunityDevelopment@walsallcollege.ac.uk
to register your interest

*subject to eligibility





**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 your family during these difficult times we are now partnered with Black Country Food Bank and can issue Food Vouchers that can be redeemed 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](#)