



# Palfrey Junior School Newsletter

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[www.palfrey-j.walsall.sch.uk](http://www.palfrey-j.walsall.sch.uk)

Friday 26th September 2025 Issue 3

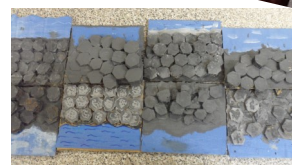
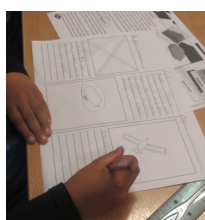
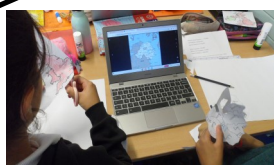


Thank you to everyone who attended our Macmillan Coffee morning and all the wonderful parents/volunteers who made and donated delicious cakes and helped out. Also thank you to all the parents/carers who donated on the non- uniform /popcorn/cake fundraising day.

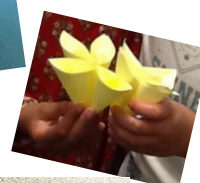


Big thank you to Mrs Nadat for organising the events and to all the staff and parent /volunteers who helped out making and selling cakes .

It was fun using the atlas researching on the laptops to find out all about the different countries that make up the UK.



Thursday 18th September was UK Day and children learned all about the different countries that make up the United Kingdom. They completed lots of atlas and map work, researched landmarks and famous people, created fact files and made some fabulous arts and crafts reflecting the country they were studying.



## This Week In School



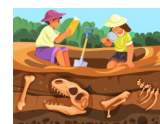
**Year 3** - have been learning about place value in numbers in maths, they have finished reading Roy the Zebra and are now planning the next part of the story in literacy and in topic, they have been learning about shelters across the Stone Age.



**Year 4** - have had lots of fun making a nest for a Boggart ( a creature from the Spiderwick Chronicles) in literacy, they have been learning how to safely search for information on the internet in computing and in science, they have been using different electrical components to make a simple circuit.



**Year 5** - have been solving integer scaling problems in maths, they have been comparing both sides in 'Orange in No Man's Land' using contrasting poems in literacy and in topic, they have created fact files about an archaeological discovery.



**Year 6** - have been comping amounts of rainfall in different parts of the United Kingdom in topic, they have started to learn the rules of Tag Rugby in PE and in Science, they have been researching about the Swedish scientist Carl Linneaus.





Black Country Food Bank has sent us a thank you poster (p3) as we collected 265kg of food and 17kg of toiletries as part of our Trade a Tin for Harvest day. This is enough to make 593 meals and 34 toiletry packs. Great job everyone, this will help lots



and lots of people in the local area in need.



Our Digital Leaders say...do you understand the slang words your children are using?

Slang changes fast, sometimes children don't even understand what they are saying, they are repeating words heard online. Make sure you are in the know with our online slang advice poster on P5.



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

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.



| 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.

**Expected attendance is 96 %**

The Class with the best attendance was

**Class 12 with 99%**

Overall our attendance was **95.3%**

**The attendance for each Class:**

- Class 1 – 92%
- Class 2 – 92%
- Class 3 – 91%
- Class 4 – 98%
- Class 5 – 93%
- Class 6 – 95%
- Class 7 - 97%
- Class 8 - 97%
- Class 9 - 93%
- Class 10 - 98%
- Class 11 - 94%



**Class 12 – 99%**

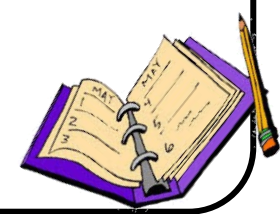


Attendance celebration assemblies will be the last week of every term. Certificates for 95% and 96% attendance, and certificates and prizes for 97+%. Our special Attendance Raffle for £50 Smyths voucher takes place at the end of the school year in July.



**Dates for the Diary**

- Monday 29th September -Nurses in school for Flu vaccinations
- Wednesday 1st October - Year 5 STEM Robotics Workshops
- Thursday 2nd October -Poetry Day & Big Fun Lunch (more info p4) - chance to win a £20 Smyths Toy Superstore voucher
- 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



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

Contact us on 01922 644006 or 07799143805 or support@aainahub.com

[www.aainahub.com](http://www.aainahub.com)

Facebook: @aainahub.com

Instagram: aaina.c.hub



# THANK YOU

## Palfrey Junior School

Thank you so much for collecting food for your local community.

We will use all the food you have donated to make emergency food parcels for people in crisis.

You have donated **265kgs** of food and **17kgs** of toiletries, enough to provide **593** meals and **34** toiletry packs.

This is absolutely wonderful, and we are so thankful that you have supported us in this amazing way.

# THE BIG FUN DAY LUNCH

Thursday  
2nd October 2025

Join us for a lunch full of flavour  
and smiles!

Tasty food, happy faces and a cheerful  
atmosphere - all we need is you!

Come along and join the fun - a lunch  
not to be missed!

Menu Chicken Nuggets  
or  
Cheese & Tomato pizza  
with  
Chips & Sweetcorn  
and  
Chocolate Chip Cookie  
or  
Jelly

Every child who  
has a dinner will  
receive a Golden  
Ticket with a  
chance to win extra  
desserts, and one  
lucky diner will win  
a £20 Smyths Toy  
Voucher!



*Just make sure there is money on your child's Arbor  
account for that day (£2.55)  
or if your child is entitled to free school meals they just  
tell their teacher they are school dinners on the day.*

**DINE**  
WITH MIQUILL

# What Parents & Educators Need to Know about ONLINE SLANG

## WHAT ARE THE RISKS?

Slang moves fast – and for many young people, it's not just how they talk, but how they share their identity and feelings. Learning key terms helps adults connect and show understanding, even if the lingo seems baffling at first.

### GENERATIONAL MISCOMMUNICATION

Words like 'rizz' or 'slaps' can be misunderstood by adults, leading to awkward moments or a breakdown in trust. These phrases often carry subtle social meanings among young people.

### RAPIDLY SHIFTING MEANINGS

Slang changes quickly. A term like 'bop' might sound innocent one week and be repurposed the next. This makes it easy for adults to fall behind and for children to misstep.

### SHIELDING BULLYING OR EXCLUSION

Inside jokes and trending terms like 'simp' or 'NPC' can be used to mock or exclude others. What looks like harmless fun might actually reinforce social divisions or bullying.

### PERFORMING FOR THE ALGORITHM

Slang often reflects what's popular on platforms like TikTok. Young users might exaggerate or act out for likes, creating online personas that don't match their real selves.

### CONTENT MODERATION WITH CODED SPEECH

To avoid content filters, young people sometimes use slang or emojis to talk about serious topics – for example, saying 'unalive' instead of other death-related terms. This makes harmful content harder to spot.

### LONG-TERM DIGITAL FOOTPRINT

A slang-filled post might seem funny now but could resurface years later during job checks or university applications – possibly out of context, but still damaging.

## Advice for Parents & Educators

### KEEP UP, DON'T CATCH UP

Follow youth culture pages or ask your child about new slang. Staying informed shows that you're engaged and open to understanding their world.

### FOCUS ON CONNECTION OVER CONTROL

Being someone your child can talk to is more valuable than using strict filters or monitoring apps. Openness builds trust.

### ASK, DON'T INTERROGATE

Use open questions to invite conversation. You're not quizzing them – just trying to learn more about their online lives.

### ENCOURAGE CRITICAL MEDIA LITERACY

Talk about where slang comes from, how it spreads, and how it can impact others. This helps young people use language more thoughtfully.

## ONLINE SLANG CHEAT SHEET -

The following slang terms are common examples – please be aware this isn't an exhaustive list and both meaning and prevalence can change swiftly.

### COMMON SLANG:

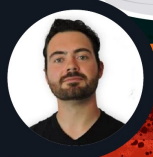
- Sigma** - Independent, self-reliant (often male) mindset; proud outsider status. Often celebrated in motivational memes.
- Skibidi** - Nonsense word from the viral 'Skibidi Toilet' meme; expresses chaos or fun. Usually harmless but pervasive.
- Chat** - The collective audience or group of viewers (e.g. on a livestream). Used when addressing followers directly.
- Lock in** - To focus, commit or get serious (e.g. before gaming or sports). Positive encouragement to concentrate.
- Cooking** - Doing something exceptionally well or gaining momentum. Opposite of 'cooked'.
- Rizz** - Charisma or flirting ability (short for charisma). Can praise social confidence.
- Aura or aura farming** - One's perceived 'energy' or vibe; 'farming' means manufacturing clout.

### POTENTIALLY CONCERNING SLANG

- Bop** - An adult content creator (e.g. OnlyFans). Indicates exposure to 18+ material.
- Gyat or gyatt** - Sexualised exclamation about someone's backside. Objectifies appearance.
- Tralalero tralala / bombardino crocodilo / tung tung tung sahur** - Spammy references to AI-generated creatures with 'Italian-sounding' names. Can clog chats, derail discussion, and harass others.
- Glazing** - Overpraising or obsessively defending a streamer or celebrity.
- Crash out** - To lose control, give up or have a meltdown; sometimes hints at self-harm.
- Cooked** - Ruined, exhausted or in serious trouble; sometimes mental health-related.
- Unalive** - Euphemism for death or suicide; used to avoid content filters.
- NPC** - Used to suggest someone is lacking independent thoughts or is repetitive and predictable.

## Meet Our Expert

Keith Broni is a globally renowned emoji expert and the Editor in Chief of [emojipedia.org](https://emojipedia.org), the world's number one emoji resource. He has an MSc in Business Psychology from University College London and an MBA from Quantic School of Business and Technology.



The National College®



## 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      |
| Wednesday 24th September   | Macmillan Coffee Morning Parents/community                     |
| Thursday 25th September    | Macmillan Fundraising Day (non-uniform, popcorn & cake for £2) |
| 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                   |
| 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                                                 |



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.

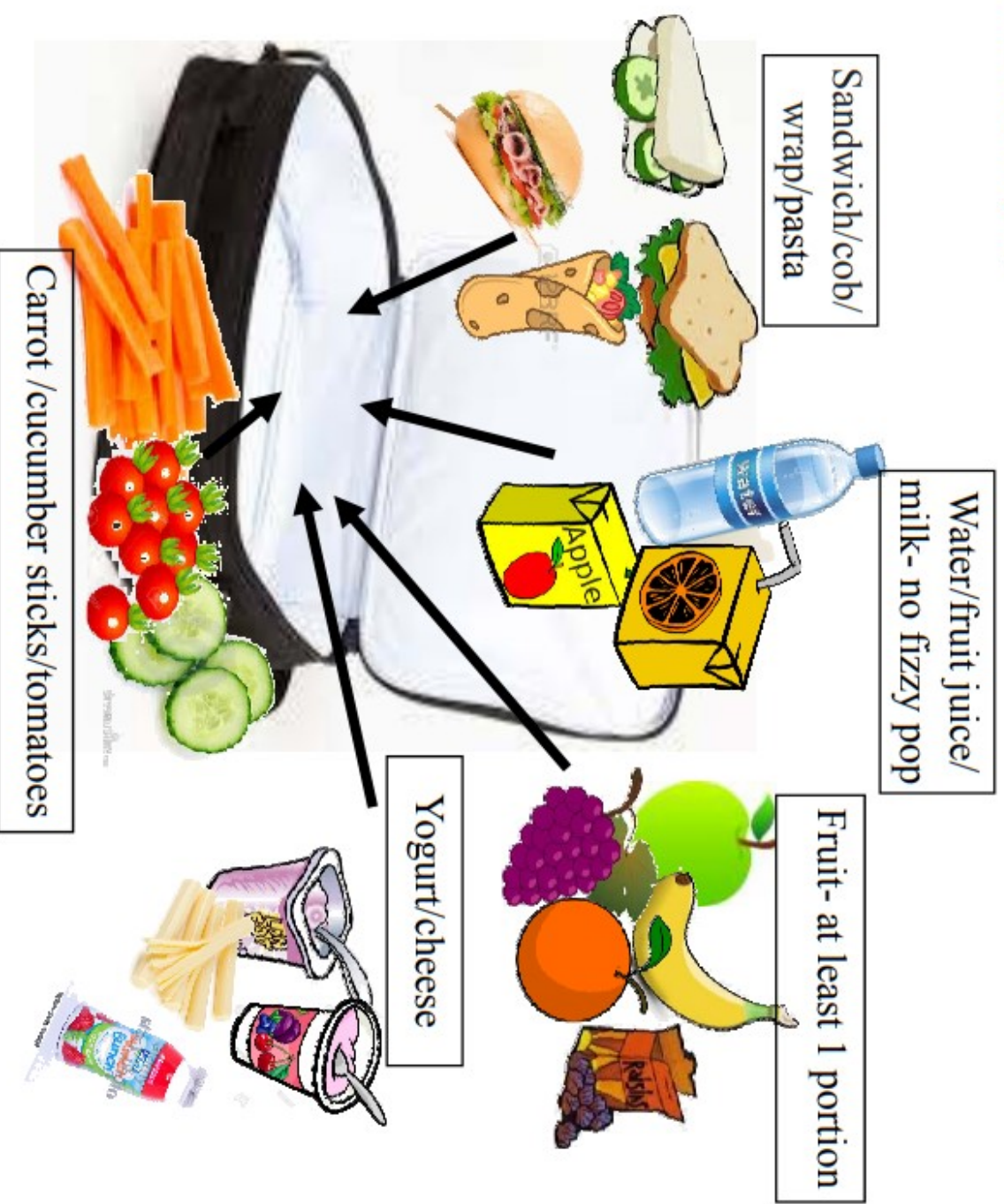
According to [NHS choices](#) a balanced lunchbox should contain:

- 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](http://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration)

change  
4life





**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](http://www.walsallcab.org.uk)**



**NSPCC - 0808 800 5000**

**CHILDLINE -0800 1111**



**Bereavement Services - Child & Family Helpline: 01922 645035 [www.wbss.org.uk](http://www.wbss.org.uk)**



**The Samaritans– 116 123**

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

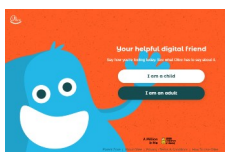


If you are finding it difficult to feed your family during these difficult time we are now partnered with Black Country Food Bank and can issue Food Vouchers that can be re-deem locally. Please call us or email [support@palfrey-j.walsall.sch.uk](mailto:support@palfrey-j.walsall.sch.uk) and we will get 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](#)