

John Ray Times

Our Core Values: Hope, Perseverance, Trust, Courage, Respect, Responsibility

Monday 20th March 2023

Phone: 01376 324107 **Email:** jrcontact@compassps.uk **Website:** www.johnray.compassps.uk



@johnrayjuniors



@changespjohnrayjuniors

For uniform orders visit: www.gooddies.co.uk

For information on Food Bank vouchers email: mkeegan@compassps.uk

For second hand uniform requests email: rcottee@compassps.uk

Breakfast club queries email: hwiltshire@compassps.uk

School dinner menus are on our website: W/C 13.03.23 [Week 1](#), W/C 20.03.23 [Week 2](#), 27.03.23 [Week 3](#)

Each week we will shine a spotlight on a class or a year group to show you the amazing learning and teaching that is taking place

Spotlight on Year 6 from Miss Cottee

During my lesson visits around year 6 this week, I have seen excellent learning behaviours from all of the children.
Fantastic everyone!

In English lessons, the classes have been planning and writing an advert linked to their reading of the book 'Holes'. This is tricky as they need to persuade people to visit a place that no one would actually want to go!

The children have been learning to calculate percentages of amounts in maths and will soon be moving on to area and perimeter. Lots of resilience was needed here.

The computing lessons taught this week and last have really motivated the children with lots of them going home and continuing to create spreadsheets and input data onto them. What a great attitude to their learning these children have shown.

Thank you to all of the parents and carers who have sent in cardboard boxes for the D and T project which has been planned. This week, they will be put to very good use.



Gates

From Tuesday 21st March, we will no longer be opening the side gate on to the car park for children and families at the end of the day. Families will be able to access the playground at the end of the day from the front gate by the bus stop and by the back gate from the Infants. This is to prevent any incidents or accidents in the school car park.

Boys' football

Well done to Jake, Harvey (6CB), Tor (6B), Conner (6R), Jenson (6E), Nate, Johnny, Alfie-James (5B), Finley (5G) and Oliver (5T) who all represented the school in a football match against Rayne last week. The score was 3-2 with Alfie-James and Jake scoring a goal each. The boys fought hard and persevered.

Panathlon Multi sports

A group of John Ray children attended a multi sports event at Colchester Sports Park on 14th March. The John Ray team placed 3rd out of 7 teams. As ever, our children were excellent ambassadors for John Ray Juniors. The bus driver complimented the children on how well they behaved and Miss Watts and Mrs Crysell, who accompanied the children, said that they showed great teamwork, cheering each other on. Thank you to Miss Watts and Mrs Crysell for accompanying the children on the trip and congratulations to our team; Nora (3B), Alfie (4WY), Cassidy-Jane (4A), Annabella (4S), Bronson (5C) and Kaisley-Faith (5B).

Cross Country

JRJ had 4 individual children plus the Year 4 boys team qualify for the District Cross Country finals. On a very muddy and windy course, everyone tried really hard in their races and 3 children qualified for the Essex finals! Well done to Amalie 6CB in 1st place, Freya 6CB in 2nd place and Poyraz 6E in 1st place. We are super proud of you all.



Y5 music performances

Year 5 would love to share their music learning by inviting parents to a performance of The Fresh Prince of Bel Air. This will now take place at 2:45 and will be finished in time for you to collect any infant children from JRIS. Performances are on the following dates:

28.03.23 5G & 5C at 2:45

30.03.23 5T & 5B at 2:45

Please enter via the white hall doors at the front of the school.

Y5 Road safety walks

These will take place on 20th and 23rd March. Each Y5 class will participate in a presentation in the classroom followed by a practical session outside where they will learn about road safety. Please ensure all children have a coat in school on these days.

Y3 Times table workshop

Y3 parents are invited to take part in a times table workshop in class on 28th April from the start of the day until 9:15. Please enter the school with your child between 8:35 and 8:45 or via the school office if you need to arrive after 8:45.

Spring term learning conferences

Learning conferences are due to take place on **Tuesday 21st** and **Thursday 23rd March** and can be booked using the My Child At School (MCAS) app. Bookings have now closed but if you would like to make an appointment, please contact the school office.

If you have already attended a One Plan meeting or Annual Review for your child this term, you do not need to attend learning conferences. If you are not sure, please email class teachers.

Essex Family Forum

Supporting your neurodiverse child resource pack.

Written by Essex Family Forum, MyOTAS and SEND the Right Message, this information pack is to help families navigate the support that is available and includes practical interventions, resources, hints and tips based on the lived experiences of local families.

[Neurodiversity | Essex Family Forum](#)

French at JRJ

Please rehearse these sounds at home to increase your child's knowledge of phonemes (smallest units of sound) and letter strings using knowledge learnt from 'Phonics' sections of our French lessons.



Appart~~e~~ment

(like 'euh' in 'the')



Bure~~a~~u

(like 'oh' in 'all')

Music Assemblies

This term, during our music listening assemblies on Tuesdays and Wednesdays, we have been listening to soundtracks to films and learning about the composers that write this music. We have also been learning about a different instrument each week and the part it plays in an orchestra.

Here are two links to the music we listened to last week, written by James Horner.

[James Horner: TITANIC Orchestra Suite - Live in Concert \(HD\) - Bing video](#)

[AVATAR SUITE LIVE IN CONCERT - ORIGINAL VERSION HD !!! Hollywood in Vienna 2013 - Bing video](#)

Guitar lessons

If you would like to child to have guitar lesson during the summer term, please contact Marc using the details on the flyer below.



GUITAR LESSONS 2023
£6 PER GROUP LESSON
£15 PER LESSON ONE TO ONE
24th Apr to 10th July - 11 weeks

bml MUSIC LESSONS

Email to sign up braintreemusiclessons@gmail.com

SEND Roadshow

Parent/Carer SEND Roadshows run in each quadrant in Essex on a termly basis. These events are an opportunity for families to drop-in (no booking is required) to speak to professionals from a range of organisations including representatives from the SEND Quadrant Teams, Health and social care, as well as SENDIASS, Preparing for Adulthood, the Youth Service and the Multi-Schools Council. We also have local charities/organisations represented including Essex Family Forum and Families in Focus.

The events have grown this term and are running all day. They are taking place in collaboration with SENDIASS who will be running bookable workshops for parents and carers to attend during the day should they wish. Further information about these will be available via the Essex Local Offer Facebook page in the coming weeks.

Please see the date below:

NE Essex: Tuesday 28 March – Colchester Stadium – 9.30am-3pm

STUDENT ACHIEVEMENTS

Don't forget we would love to hear about any children who have been awarded badges or certificates for activities they do outside of school. Please email class teachers with your child's achievements.

Well done to:

AJ in 5B who has achieved level 5 swimming.
Zac in 3P who was player of the match at football.
Tyler in 3P who has achieved his stage 2 swimming certificate.



Well done to:

Sophia-Grace in 3A who was 1st place at dressage.

Caitlin in 4S who achieved gold in karate.

Angel in 4S who has had her poem- Imagine the hummingbird- published in a book!

Stars of the Week

Each week, class teachers will choose a member of their class to be star of the week. Children who are chosen will have their name added in this section of the newsletter.

3A: Issa	4A: Elsie	5B: Oliwier	6CB: Jake
3B: Andee	4C: Oscar	5C: Neve	6B: Casey
3P: Ethan	4S: Harvey & Lola-Rose	5G: Bellina	6E: Jenson
3U: Kelsie	4WY: Oscar	5T: Toby	6R: Maddison

PE Days

Children need to come into school on PE days in their PE kit. Children will need an outdoor PE kit i.e., black tracksuit bottoms (or shorts in warmer weather), white T-shirt and a black fleece / tracksuit top. **This half term there has been a change to 6R, 6E and 6B's PE day. Please see below.**

3A, 3U, 3P	Tuesday and Thursday
3B	Tuesday and Wednesday
4S, 4C, 4A	Monday and Wednesday
4WY	Wednesday and Thursday
Year 5	Tuesday and Friday
6R, 6E, 6B	Tuesday and Wednesday
6CB	Wednesday and Thursday

Please remember that children must remove earrings to participate in PE lessons. Taping over earrings is not permitted.

PE kit is black joggers / shorts and a black hoodie or sweatshirt with a white T shirt along with trainers.

We expect that children will either wear one of the black John Ray logo hoodies from our supplier or a plain black hoodie/sweatshirt and plain black joggers on the two days a week that your child has PE.

CASHBACK WHEN SHOPPING ONLINE

The Friends of JRI and JRJ have created a cash back account through **Easy Fundraising**. This is a fantastic way to raise much needed extra funds to support both schools.

The link below can be used for you to register:

<https://www.easyfundraising.org.uk/invite/47ha4n/>

Once registered, for ease, you can download the app. Every time you shop from the app, across over 4000 online retailers, our schools earn cash back. It's free to join and includes top names like EBay, Argos, Iceland and John Lewis. You can share this link with friends and family members too. A letter with more information can be found on our [website](#).

Safeguarding

Are you worried about a child?

As a school, we consider safeguarding to be a priority. We welcome parents and carers talking openly to us about their concerns for the safeguarding of children and families. **Remember, safeguarding is everyone's responsibility**. If you have any concerns about a child, you can contact one of our Designated Safeguarding Leads via the school office. Please ask to speak to Karen Harrison, Rachel Cottee or Meriel Keegan and specify that you have a safeguarding concern.

If you are worried about a child or young person, you can call the NSPCC helpline for support and advice for free on [0800 800 5000](tel:08008005000). If a child is in immediate danger, you should call 999.

Children can call [Childline](tel:08001111) at any time on [0800 1111](tel:08001111)

National Online Safety: What parents / carers need to know about adopting safe and healthy online habits



Every year, Comic Relief goes all out to help people, both in the UK and internationally, who are going through a tough time. In our area of specialism, we at National Online Safety are acutely aware that – for children and young people in particular – many of those difficult moments increasingly originate from and unfold in the digital world. From inappropriate content to the toxic behaviour of others, online harms can do long-lasting damage. That's why we're passionate about helping this new generation to build their digital resilience – equipping them to deal with digital dangers. This week's #WakeUpWednesday guide has a selection of tips for encouraging safe and healthy online habits.

In this guide we've compiled a list of useful suggestions which could help you and your family strike the right balance and build digital resilience.

The guide can be found at the bottom of the newsletter and also on the National Online safety website under guides.

www.nationalonlinesafety.com

CLASS TEACHERS' EMAIL ADDRESSES

We understand that for many people email is a quick and efficient way of communicating and we are therefore happy to provide class teachers' email addresses. Although email is a quick and easy way for parents to communicate with staff, matters that require urgent attention should be communicated via the school office. Staff are not expected to respond to emails after 5pm, during weekends/holidays or when off work due to sickness. A parental agreement relating to email communication with teachers is available from the school office.

Year 3	Year 4
3A- jadams@compassps.uk	4A- zahsan@compassps.uk
3B- bball@compassps.uk	4C – mcheema@compassps.uk
3P- sphillips@compassps.uk	4S- solney@compassps.uk
3U- ktoomey-underhill@compassps.uk	4WY- awilson1@compassps.uk or syoung@compassps.uk
Year 5	Year 6
5B- hbreeze@compassps.uk	6B- jbird@compassps.uk
5C - dcasey@compassps.uk	6CB- hcollier-brown@compassps.uk
5G- ngibson@compassps.uk	6E- cellis@compassps.uk
5T- abear@compassps.uk	6R – rroberts@compassps.uk

Please contact class teacher in the first instance to resolve any issues. Should you feel you need to escalate the issue, please contact:

Miss Cottee (Assistant Head) if your child is in Y5 or Y6 – rcottee@compassps.uk

Mrs Breen (Assistant Head) if your child is in Y3 or Y4 – kbreen@compassps.uk

RECENT LETTERS – ALSO AVAILABLE ON THE WEBSITE

All communication will be sent through Bromcom. Please ensure that you have given us a current email address. Issues with Bromcom communication should be emailed to jrcontact@compassps.uk

24.02.23 Braintree Museum trip – Year 4

27.02.23 NEU strike action

27.02.23 Spring term learning conferences

06.03.23 Leaver's hoodies – Year 6

08.03.23 Orienteering – All year groups

DATES FOR YOUR DIARY (new dates added in red)

Spring Term	Summer Term
21.03.23 3A to walk to St Michaels Church for Easter Experience (<i>This will take place during the school day- children should come to school in trainers / suitable shoes for walking</i>)	17.04.23 Start of term for children
21.03.23 Learning conferences (3:45-7pm) for children not on SEN register	20.04.23 Y5 Introduction to Islam: visitor to school. Approx cost £9.60 per child CANCELLED
22.03.23 3B to walk to St Michaels Church for Easter Experience (<i>This will take place during the school day- children should come to school in trainers / suitable shoes for walking</i>)	21.04.23 Y5 Introduction to Islam: visitor to school. Approx cost £9.60 per child CANCELLED
23.03.23 3U to walk to St Michaels Church for Easter Experience (<i>This will take place during the school day- children should come to school in trainers / suitable shoes for walking</i>)	24.04.23 After school clubs start
	26.04.23 Year 6 Leaver's hoodie shop closes
	28.04.23 Y3 parents invited to take part in a times table workshop in class 8:35-9:15am
	05.05.23 Coronation celebration. Children are invited to wear red/white/ blue or dress as a queen or king for the day. (Y5 to bring PE kits in a separate bag).
	08.05.23 Bank holiday
	08.05.23 SATS week (Y6 only- Tues: English grammar, punctuation and spelling, Wed: reading, Thurs: maths papers 1 and 2, Fri: maths paper 3

<p>23.03.23 Two Y5 classes to have Y5 road safety training (<i>Please ensure all children have a coat in school</i>)</p> <p>23.03.23 Learning conferences (<i>3:45-5:30pm</i>) for children not on SEN register</p> <p>27.03.23 3:30-4:00 Y4 parents invited into school for an art gallery</p> <p>27.03.23 Last week for clubs (note change of date)</p> <p>28.03.23 3:30-4:00 5G & 5C parents invited into class for music performance. This will now take place at 2:45</p> <p>30.03.23 Y5 and Y6 to walk to St Michael's church for Easter service. (This is a pupil and staff only service & will take place during the school day- children should come to school in trainers / suitable shoes for walking)</p> <p>30.03.23 3:30-4:00 5T & 5B parents invited into class for music performance This will now take place at 2:45</p> <p>30.03.22 Y3 and Y4 Orientation day (<i>This takes place outside and on our school site as part of the geography curriculum. Children will need trainers and a warm / waterproof coat-approx cost £1.50 per pupil</i>)</p> <p>31.03.22 Y5 and Y6 Orientation day (<i>This takes place outside and on our school site as part of the geography curriculum. Children will need trainers and a warm / waterproof coat-approx cost £1.50 per pupil</i>)</p> <p>31.03.23 Last day of term</p>	<p>09.05.23 & 11.05.23 One Plan meetings for children on SEN register</p> <p>29.05.23 Half term</p> <p>05.06.23 Non-pupil day</p> <p>05.06.23 Multiplication check starts for 3 weeks (<i>Y4 only</i>)</p> <p>06.06.23 Children return to school</p> <p>14.06.23-16.06.23 Mersea residential (<i>Y6 only</i>)</p> <p>23.06.23 Summer Fete after school</p> <p>03.07.23 3:30 – 4:00 Y6 parents invited into class for a geography afternoon</p> <p>10.07.23 Last week for clubs</p> <p>11.07.23 Annual reports sent out</p> <p>13.07.23 Children to spend time with their new teacher</p> <p>13.07.23 Open afternoon drop in for current parents <i>from 2:30 – 4pm</i></p> <p>18.07.23 Sports day and parent picnic (<i>parents invited from 11:45</i>)</p> <p>19.07.23 6CB and 6R Y6 production to parents 1:30 and 4:30</p> <p>20.07.23 6E and 6B Y6 production to parents 1:30 and 4:30</p> <p>21.07.23 Last day of term</p>
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Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here –

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT



- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



NOS National Online Safety®
#WakeUpWednesday

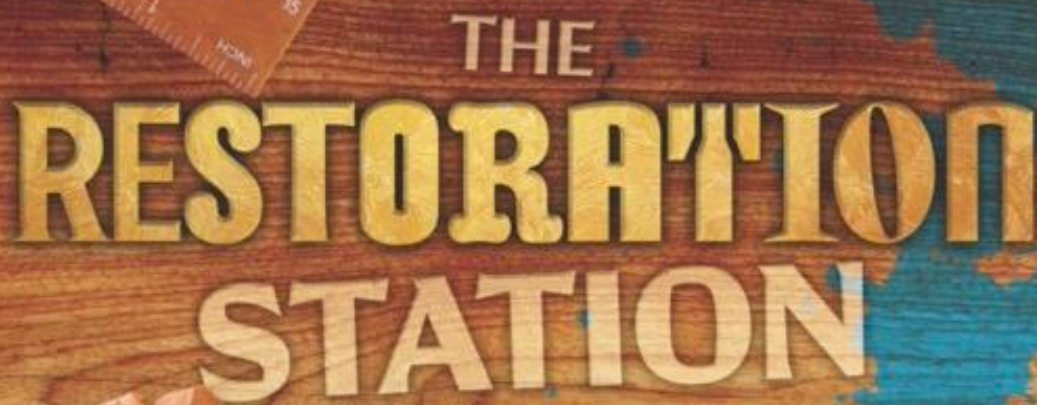
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THE
RESTORATION
STATION


Monday 3rd to Wednesday 5th April

9:30 to 12:30

St Michael's Church House

**Join us for another
Spring SMASH Club!**

**3 mornings of bible teachings,
games, craft and more!**



To sign up go to:

www.stmichaelsbtree.co.uk