

# John Ray Times

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

Monday 2<sup>nd</sup> October 2023

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@johnrayjuniors



@ facebook.com/johnraycompassps

For uniform orders visit: [www.gooddies.co.uk](http://www.gooddies.co.uk)

For information on Food Bank vouchers email: [mkeegan@compassps.uk](mailto:mkeegan@compassps.uk)

For second hand uniform requests email: [rcottee@compassps.uk](mailto:rcottee@compassps.uk)

Breakfast club queries email: [hwiltshire@compassps.uk](mailto:hwiltshire@compassps.uk)

School dinner menus are on our website: W/C 16.10.23 [Week 1](#) 02.10.23 [Week 2](#) 09.10.23 [Week 3](#)

## Zones of Regulation

The ZONES of Regulation



## School Attendance Difficulties



## Supporting Anxiety



### Spotlight on learning

Each week we will share some of the learning that has been happening in each year group and how the children have been impressing the adults in school.

**Year 3** - My Happy Mind-the children in year 3 are taking on board the messages from this work and are using it at home too. The children's independence is growing and the year 3 team are incredibly proud of the children's understanding of their own role in their learning.

**Year 4**- The year 4 children are learning about artists in art and the colours on the colour wheel. They have shown lots of perseverance with rounding in maths. The year 4 staff are proud of the children's strong learning behaviours and how well they listen to instructions.

**Year 5**- My Happy Mind -'Let's make a neural connection'. The adults in year 5 have been encouraging the children to have a go at tricky concepts by referring to the work completed in the My Happy Mind sessions about new learning making new neural connections. The children have shown excellent perseverance with rounding in maths and have made links to their prior learning. In English, the children have demonstrated excellent language skills by generating powerful language to use in their writing.

**Year 6**- Children in year 6 have shown resilience in maths this week as they have been tackling long multiplication. They have had lots of practice, and they are succeeding in securing this skill.

**Nurture**- In Nurture they are reading the book 'How full is your bucket?' They've been talking about positive things people can do to fill other people's buckets and how to work collaboratively.

### My Happy Mind Parent App

To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email and authentication code emailed to you in the letter sent on 22.09.23.

### One Plan meetings

The second session of our One Plan meetings will be held on 3<sup>rd</sup> October for children who are currently on the SEN register. If you have not booked an appointment please contact the school office.

### Year 5 reading café

We are looking forward to welcoming the Y5 parents to a reading café this week in the Y5 classrooms. Please enter the school with your child and sign in at the classrooms. The 5G and 5B reading café will take place on 3<sup>rd</sup> October and 5A and 5C will take place on 4<sup>th</sup> October.

### Administering medication in school

If your child is required to have any medication, creams or throat sweets whilst in school you must hand these to the school office and complete a medicine consent form. These should not be kept in children's bags or lunchboxes.

Medication including throat sweets will not be administered without a consent form being completed.

### SEND Resource Van

The SEND resource van will be in Chelmsford on Thursday 5<sup>th</sup> October 2023 1030am-1130am at Broomfield Village Hall. Parents and carers are invited to come along and find out more about local SEND services, as well as having the chance to view the range of resources we have available to support community events/ try things out during the event before buying something for home etc (e.g. weighted lap cushion/ sensory lights/ black out tent/ feeling fan cards/ story sequences/ whizzy dizzy spinners/ wobble boards etc).

### SEND Roadshow

Are you the parent/carer or family member of a child with Special Educational Needs and Disabilities (SEND)? Do you have questions about accessing support in your area or questions about SEND support available in Essex through Health, Education and Social Care? Would you like to link up with other parents in your area? If you do, please come along and see us at the Roadshow. There will be representatives from Essex Family Forum, SENDIASS, health, social care as well as representatives from the education teams, SEND Navigation Leads and local support groups. The roadshow is a drop-in event with no need to book.

Mid Essex: Witham Public Hall, Witham on Wednesday 18th October from 9:00am to 12:30pm

### Secondary School Applications

Applications for secondary school places for September 2024 for children in Year 6 open on the 12<sup>th</sup> September, 2023.

Information can be found on the Essex County Council website: [Secondary school places | Essex County Council](#)

### 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:

Ethan in 5C who won an U11 National Development Table Tennis Competition in Surrey.

James in 4WM who has moved to stage 5 in swimming.

Oliver in 5B who showed the rosette that he achieved for coming 2<sup>nd</sup> in the Young Kennel Club dog show.

Vinnie in 5G who took part in a rugby tournament.

Max, Xavier and Scarlet who shared Cubs badges that they have achieved during the Braintree Cubs Sports Day.

Daniel in 3B who came 5<sup>th</sup> in a Jiu Jitsu competition.



Logan in 3U got to meet England goalkeeper, Peter Shilton and also scored a goal at football at the weekend.

Well done to:

Zac in 4O who was Player of the match and scored 3 goals this week.

Freddie in 4W, Freddie in 4WM and Johnny in 6B who were all Player of the Match in their football matches this weekend.

Amelia H in 6B who shared her certificate and medal for gymnastics this week.

Jaxon in 4CB who shared his medal from rugby.

Mya from 5G who achieved her yellow stripe for Karate.

### 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: Brad	4CB: Alex	5A: Franklin	6B: The whole class
3B: Faith	4O: Zac	5B: Zach	6E: Hajra
3P: Michael	4W: Annie	5C: Stephanie	6R: Finley
3U: Addison	4WM: Spencer	5G: Zachary	

### 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.

Year 3	Tuesday and Thursday
4O, 4WM, 4W	Monday and Wednesday
4CB	Tuesday and Wednesday
Year 5	Tuesday and Thursday
Year 6	Wednesday and Friday

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**. If a child is in immediate danger, you should call 999.

Children can call [Childline](#) at any time on **0800 1111**



### National Online Safety: Snapchat

Snapchat is a photo- and video-sharing app through which users can chat with friends via text or audio. Images and videos can be shared with specific friends, or as a 'story' (documenting the previous 24 hours) which is visible to a person's entire friend list. Snapchat usage rose significantly during the lockdown periods, with many young people utilising it to stay connected with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivalling platforms such as TikTok and Instagram.

In the guide, you'll find tips on avoiding potential risks such as sexting, visible location and contact from strangers.

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

[www.nationalonlinesafety.com](http://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 or on our website under the communication tab.

<b>Year 3</b> 3A- <a href="mailto:jadams@compassps.uk">jadams@compassps.uk</a> 3B- <a href="mailto:bball@compassps.uk">bball@compassps.uk</a> 3P- <a href="mailto:sphillips@compassps.uk">sphillips@compassps.uk</a> 3U- <a href="mailto:ktoomey-underhill@compassps.uk">ktoomey-underhill@compassps.uk</a>	<b>Year 4</b> 4W- <a href="mailto:zwatson@compassps.uk">zwatson@compassps.uk</a> 4CB - <a href="mailto:hcollier-brown@compassps.uk">hcollier-brown@compassps.uk</a> 4O - <a href="mailto:solney@compassps.uk">solney@compassps.uk</a> 4WM- <a href="mailto:awilson1@compassps.uk">awilson1@compassps.uk</a> or <a href="mailto:nmoshtagh-kahnamoi@compassps.uk">nmoshtagh-kahnamoi@compassps.uk</a>
<b>Year 5</b> 5B- <a href="mailto:hbreeze@compassps.uk">hbreeze@compassps.uk</a> 5C - <a href="mailto:dcasey@compassps.uk">dcasey@compassps.uk</a> 5G- <a href="mailto:ngibson@compassps.uk">ngibson@compassps.uk</a> 5A- <a href="mailto:abear@compassps.uk">abear@compassps.uk</a>	<b>Year 6</b> 6B- <a href="mailto:jbird@compassps.uk">jbird@compassps.uk</a> 6E- <a href="mailto:cellis@compassps.uk">cellis@compassps.uk</a> 6R – <a href="mailto:rroberts@compassps.uk">rroberts@compassps.uk</a>

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](mailto:rcottee@compassps.uk)

**Mrs Breen (Assistant Head) if your child is in Y3 or Y4 –** [kbreen@compassps.uk](mailto: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 [tojrcontact@compassps.uk](mailto:tojrcontact@compassps.uk)

12.09.23 CYO lunchtime club (Y3 only)

22.09.23 My Happy Mind Parent information

### Dates for the academic year 2023-2024 (new dates added in red)

Please find below the list of dates for next academic year. Term dates 2023-4 are on our [website](#).

Autumn Term	Spring Term	Summer Term
12.09.23 Secondary school applications open ( <i>Y6 only</i> )	04.01.24 Start of term for children	15.04.24 Start of term for children
3.10.23 5G and 5B Reading Café for parents 8.45am	08.01.24 After school clubs start	22.04.24 After school clubs start
4.10.23 5A and 5C Reading Café for parents 8.45am	15.01.23 Reading workshop for 4CB and 4W parents 2:30pm	23.04.24 Year 6 maths workshop for parents 3.30pm
16.10.23 Year 6 science workshop for parents 2.30pm	16.01.23 Reading workshop for 4CB and 4W parents 2:30pm	25.04.24 & 30.04.24 One Plan meetings for children on SEN register
17.10.23 Maths workshop for parents of 4CB and 4WM 8:45am	17.01.24 Year 6 reading workshop for parents 8.35am	<b>25.04.24 West Stow trip for Y4 (approx cost £20.50)</b>
19.10.23 Maths workshop for parents of 4O and 4W 8:45am	22.01.24 - 8.45am - 9.30am - Pastoral Support Morning	29.04.24 - 8.45am - 9.30am - Pastoral Support Morning
20.10.23 PTA event – Break the rules day (details to follow)	25.01.24 & 30.01.24 One Plan meetings for children on SEN register	13.05.24 SATS week ( <i>Y6 only</i> )
23.10.23 Half Term week	5.02.24 Children's mental health week	20.05.24 Year 6 Mersea residential meeting 5pm
30.10.23 Non-pupil day	5.2.24 5G and 5B Maths workshop for parents 2.30pm	21.05.24 Year 3 plants workshop for parents 3.30pm
31.10.23 Children return to school	6.2.24 5A and 5C Maths workshop for parents 2.30pm	23.05.24 Sports day and parent picnic ( <i>parents invited from 11:45</i> )
31.10.23 Secondary school applications close ( <i>Y6 only</i> )	08.02.24 In class photos ( <i>All children should come to school in school uniform and bring PE kits in a separate bag if it is a PE day</i> )	27.05.24 Half term
4.11.23 Open morning 9.30-11.30am <b>(PLEASE NOTE CHANGE OF DATE)</b>	13.02.24 Safer Internet Day	03.06.24 Non-pupil day
14.11.23 Learning conferences ( <i>3:45-7pm</i> ) for children not on SEN register		03.06.24 <u>Multiplication check</u> starts for 3 weeks ( <i>Y4 only</i> )
		04.06.24 Children return to school

<p>16.11.23 Learning conferences (3:45-5:30pm) for children not on SEN register</p> <p>17.11.23 Children in Need (non-uniform: children can wear spots / stripes in return for a donation)</p> <p>17.11.23 Y5 Wonderdome visit (This takes place in school)</p> <p>20.11.23 - 8.45am - 9.30am - Pastoral Support Morning</p> <p>21.11.23 Last week for clubs</p> <p>08.12.23 Non-pupil day</p> <p>12.12.23 Christmas dinner day for years 4 and 6</p> <p>13.12.23 Christmas dinner day for years 3 and 5</p> <p>15.12.23 Year 3 writing workshop for parents 2.30pm</p> <p>15.12.23 Y3 and Y4 to walk to St Michael's church for Christmas service. (This is a pupil and staff only service &amp; will take place during the school day - children should come to school in trainers / suitable shoes for walking)</p> <p>20.12.23 Last day of term</p>	<p>19.02.24 Half term</p> <p>26.02.24 Children return to school</p> <p>07.03.24 World book day (Dress as a book character or bring in a prop from a book)</p> <p>11.03.24 Science week</p> <p>11.03.24 - 8.45am - 9.30am - Pastoral Support Morning</p> <p>15.03.24 Sports Relief (Children can wear sportswear or non-uniform in exchange for a donation)</p> <p>18.03.24 Last week for clubs</p> <p>19.03.24 Learning conferences (3:45-7pm) for children not on SEN register</p> <p>21.03.24 Learning conferences (3:45-5:30pm) for children not on SEN register</p> <p>28.03.24 Y5 and Y6 to walk to St Michael's church for Easter service. (This is a pupil and staff only service &amp; will take place during the school day- children should come to school in trainers / suitable shoes for walking)</p> <p>28.03.24 Last day of term</p>	<p>06.06.24 Reserve Sports day in case of poor weather</p> <p>12.06.24-14.06.24 Mersea residential (Y6 only)</p> <p>17.6.24 5G and 5B Science workshop for parents 3.30pm</p> <p>17.06.23 Y4 history workshop from 3:30pm</p> <p>18.6.24 5A and 5C Science workshop for parents 3.30pm</p> <p>27.06.24 Class photos (children who have PE on this day should come into school in school uniform and bring PE kits in a separate bag)</p> <p>01.07.24 - 8.45am - 9.30am - Pastoral Support Morning</p> <p>01.07.24 Last week for clubs</p> <p>10.07.24 Annual reports sent out</p> <p>11.07.24 Children to spend time with their new teacher</p> <p>11.07.24 Open afternoon drop in for current parents from 2:30 – 4pm</p> <p>16.07.24 Y6 production to parents 1:30 and 4:30pm</p> <p>23.07.24 Last day of term</p>
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# What Parents & Carers Need to Know about

# SNAPCHAT

AGE RESTRICTION  
**13+**



### WHAT ARE THE RISKS?

Snapchat is an instant messaging app which allows users to send images, videos and texts to people in their friends list. One of Snapchat's unique features is that pictures and messages 'disappear' 24 hours after they've been viewed; however, this content isn't as temporary as many believe - with some users saving screenshots or using another device to take a photo of their screen. This year, Snapchat added 'My AI': a customisable chatbot with which people can chat and share secrets, as well as asking for advice and suggestions of places to visit.

### CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend people the app recommends - but these 'friends' are merely a username, which could have anyone behind it. Accepting such requests reveals a child's personal information through the Story, SnapMap and Spotlight features, potentially putting them at risk from predators.

### EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score). Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos.

### INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse - so sexting continues to be a risk associated with Snapchat.



### ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

### ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beauty' effects on photos can set unrealistic body-image expectations - creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

### VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snapchat also has real-time location sharing, which is intended as a buddy system to ensure friends have reached home safely - but which could also be used to track a young person for more sinister reasons.

## Advice for Parents & Carers

### TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).



### CHOOSE GOOD CONNECTIONS

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.



### DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.



### CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up - and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.



### KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life - especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.



### BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).



### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



National Online Safety®

#WakeUpWednesday

Sources: <https://help.snapchat.com/en-gb/article/02697952692-What-is-My-AI-on-Snapchat-and-how-do-I-use-it> | <https://www.snapchat.com/en-GB/privacy/faq/faq-how-to-keep-your-account-private> | <https://www.snapchat.com/en-GB/privacy/faq/faq-how-to-keep-your-account-private> | <https://www.snapchat.com/en-GB/privacy/faq/faq-how-to-keep-your-account-private>

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