

John Ray Times

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

Tuesday 31st October 2023

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



@johnrayjuniors



@ facebook.com/johnraycompassps

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 30.10.2023 [Week 1](#) 06.11.23 [Week 2](#) 13.11.23 [Week 3](#)

Zones of Regulation

The ZONES of Regulation



School Attendance Difficulties



Supporting Anxiety



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.

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 - The year 3 children are loving their new PE unit of work called 'Fitness frenzy'. They have learnt some new warm up games and the children are good at following the rules and playing as a team. They are very competitive but fair with each other. The staff have been discussing the cardiovascular system with the children and relating this to how their bodies feel during their PE sessions.

Science lessons this week have focussed on the formation of fossils and how they change position when compressed. There was lots of fun with children on the floor pretending to be fossils. After these activities, they were able to use the vocabulary associated with the process effectively.

The children have been really motivated by the Times Tables Rockstars year group battle. Almost every child in the year group has taken part. As soon as they see another class is doing well, they are keen to battle to beat them!

Year 4 - Year 4 have been exchanging using the column method for subtraction. There have been lots of practical sessions using equipment. This will be shared with parents in the drop-in sessions next week. During art lessons, the children have made some lovely creations based on Renaissance art.

Year 5 - Year 5's RE lessons have been brilliant. The children are enjoying discussions about philosophy and are really engaged. The history lessons comparing old Baghdad and modern Baghdad have sparked interest in the children and produced some excellent discussion and work in books.

Year 6 - The year 6 children are engaging brilliantly with their history lessons about Greek gods and the impact religion had on Ancient Greece.

Nurture - The focus in Nurture this week has been kindness. Children have taken part in activities involving problem solving and different scenarios about how to be a kind friend and a good John Rayer.

4WM PE days

Please note with immediate effect, 4WM will have PE on Wednesday and Friday.

French at JRJS

To support your child with their French at home, you could download the free Language Angels app. Children will have access to lots of interactive games and karaoke videos. The app is completely safe to use and there is no way your child can interact with anyone else.

How to find the app

Visit either the Google Play store or the Apple App store and search for 'Language Angels'. Look out for the angel character in the app icon so you know you're downloading the correct app.



The username and password is **la2023french** (both are case sensitive).

If you are unable to access the app at home, please let your child's teacher know so time in school can be arranged.

Children in Need



We will be raising money for Children in Need on Friday 17th November. Children can come to school wearing non-school uniform (spots / stripes if possible) in return for a donation. Children who have PE on a Friday may either come in wearing sports clothes or can bring PE kit to change into.

On Monday 13th November we have 2 employees from Greggs Witham at the front gate selling Pudsey merchandise. They will have Pudsey ears (head bands) for £2.50 and Pudsey in badges for £1.00. Please could you come with the correct change.

Poppy Appeal

Poppies are available to buy in school from tomorrow (01.11.22) along with the following items below as well as the traditional poppy with a pin.

Children are asked to bring the correct donations suggested below to school in a named envelope. The children can purchase the items from the school hall during breaktime. We do have a limited supply so initially children will only be able to buy one item on a first come first served basis.

Suggested donations are as follows:

Snap bands £1.50

Wrist bands £1

Reflectors 50p

Zip pulls 50p



Vacancy at John Ray Junior School

We are advertising for a Midday Assistant. To apply for this role please use our [recruitment platform](#). If you have any questions or need support to complete your application, please contact Mrs Wiltshire in the school office.

New Dinner Menus

Please note that we now have moved to the winter menu. Links to the menus are at the top of the newsletter.

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.

<p>Well done to: Winnie in 6B who has been awarded her green belt in karate. Sophia in 4W who has a medal for gymnastics.</p> <p><i>Any achievements from Y3 and Y5 will be added to next week's newsletter</i></p>	<p>Well done to: Jack in 4CB for completing stage 3 swimming. George in 6R, Jenson in 4WM and Tae in 6E who were players of the match in football.</p>
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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: Muhammed	4CB: Amelia P	5A: Ethan	6B:
3B: Colton	4O: Summer	5B: Oscar	6E: Jack
3P: The whole class	4W: Andee	5C: Tilly	6R:
3U: Sabrina	4WM: Bella	5G: Pippa	

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, 4W	Monday and Wednesday
4WM	Wednesday and Friday
4CB	Tuesday and Wednesday
Year 5	Tuesday and Thursday
6B, 6R	Wednesday and Friday
6E	Monday and Wednesday

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 [0808 800 5000](tel:08088005000). 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: Five Nights at Freddy's

To chime with Hallowe'en, this week sees the release of a cinematic adaptation of Five Night's at Freddy's (FNaF) – a suspenseful series of horror games which, despite their 12+ age rating, have gained significant popularity with younger children.

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 or on our website under the communication tab.

Year 3	Year 4
3A- jadams@compassps.uk 3B- bball@compassps.uk 3P- sphillips@compassps.uk 3U- ktomey-underhill@compassps.uk	4W- zwatson@compassps.uk 4CB - hcollier-brown@compassps.uk 4O - solney@compassps.uk 4WM- awilson1@compassps.uk or nmoshtagh-kahnamoi@compassps.uk
Year 5	Year 6
5B- hbreeze@compassps.uk 5C - dcasey@compassps.uk 5G- ngibson@compassps.uk 5A- abear@compassps.uk	6B- jbird@compassps.uk 6E- cellis@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 tojrcontact@compassps.uk

10.10.23 WonderDome (Y5 only)

10.10.23 Leavers Hoodies (Y6 only)

10.10.23 Flu Consent for Vaccine (All)

10.10.23 Bikeability confirmed groups and dates for children whose forms are received

17.10.23 Peter and the wolf – Charter Hall, Colchester (Y6 only)

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
4.11.23 Open morning 9.30-11.30am (PLEASE NOTE CHANGE OF DATE)	04.01.24 Start of term for children	15.04.24 Start of term for children
14.11.23 Learning conferences (3:45-7pm) <i>for children not on SEN register</i>	08.01.24 After school clubs start	22.04.24 After school clubs start
16.11.23 Learning conferences (3:45-5:30pm) <i>for children not on SEN register</i>	15.01.23 Reading workshop for 4CB and 4W parents 2:30pm	23.04.24 Year 6 maths workshop for parents 3.30pm
17.11.23 Children in Need (<i>non-uniform: children can wear spots / stripes in return for a donation</i>)	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 25.04.24 West Stow trip for Y4 (approx cost £20.50)
17.11.23 Y5 Wonderdome visit (This takes place in school)	17.01.24 Year 6 reading workshop for parents 8.35am	29.04.24 - 8.45am - 9.30am - Pastoral Support Morning
20.11.23 - 8.45am - 9.30am - Pastoral Support Morning	22.01.24 - 8.45am - 9.30am - Pastoral Support Morning	13.05.24 SATS week (Y6 only)
20.11.23 Last week for clubs	25.01.24 & 30.01.24 One Plan meetings for children on SEN register	20.05.24 Year 6 Mersea residential meeting 5pm
01.12.23 Non uniform day in exchange for a gift for the PTA gift shop	5.02.24 Children's mental health week	21.05.24 Year 3 plants workshop for parents 3.30pm
07.12.23 PTA gift shop	5.2.24 5G and 5B Maths workshop for parents 2.30pm	23.05.24 Sports day and parent picnic (<i>parents invited from 11:45</i>)
06.12.23 Yr 6 Charter Hall to see Peter and the wolf.	6.2.24 5A and 5C Maths workshop for parents 2.30pm	27.05.24 Half term
08.12.23 Non-pupil day	08.02.24 In class photos (<i>All children should come to school in school</i>)	03.06.24 Non-pupil day
12.12.23 Christmas dinner day for years 4 and 6		

<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 & 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><i>uniform and bring PE kits in a separate bag if it is a PE day)</i></p> <p>13.02.24 Safer Internet Day</p> <p>19.02.24 Half term</p> <p>26.02.24 Children return to school</p> <p><i>07.03.24 World book day (Dress as a book character or bring in a prop from a book)</i></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 (<i>Children can wear sportswear or non-uniform in exchange for a donation</i>)</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 & 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>03.06.24 <u>Multiplication check</u> starts for 3 weeks (<i>Y4 only</i>)</p> <p>04.06.24 Children return to school</p> <p>06.06.24 Reserve Sports day in case of poor weather</p> <p>12.06.24-14.06.24 Mersea residential (<i>Y6 only</i>)</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 <i>from 2:30 – 4pm</i></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

FIVE NIGHTS AT FREDDY'S

AGE RESTRICTION
PEGI
12

WHAT ARE THE RISKS?

Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

FRIGHTENING THEMES

Five Nights at Freddy's (FNaF for short) doesn't feature bloodshed like many horror games – but it does build tension and use jump scares, which may be too intense for young players. The sinister animatronic characters and the sensation of being trapped and defenceless could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil spirits.

STRESSFUL SITUATIONS

Due to FNaF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings are safe is a crucial part of the gameplay and could create restlessness or even obsessive-compulsive behaviours. Several media reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.

IN-GAME SPENDING

FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that promises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Breadbear' (costing £8.99), which unlocks new levels and mini-games.

AGE-INAPPROPRIATE CONTENT

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As a result of FNaF's popularity, a sizeable YouTube community based on fan-made content has developed around the game. While the majority of this material is still child-friendly, there are a number of channels which are geared more towards mature audiences: they contain adult and disturbing themes, for example, and (in some cases) age-inappropriate language.

PLAYING IN ISOLATION

Many parents will be relieved to learn that Five Nights at Freddy's is a single-player game which doesn't include any online chat functionality. Conversely, however, this could also make playing FNaF quite an isolating experience – especially if your child is spending a lot of time investigating the game's spooky, shadowy environments alone in their room, for example.

Advice for Parents & Carers

USE PARENTAL CONTROLS

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or iOS device for gaming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

TRY IT YOURSELF

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself for a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they're old enough, you could spend some time playing it together – after all, it usually only takes between two and ten minutes to complete a level.

LIMIT SPENDING

Unlike many popular titles, Five Nights at Freddy's doesn't bombard players with tempting in-game purchase offers. It's worth noting, however, that some instalments in the series do provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

SPOT THE SIGNS

If you're concerned that your child might be spending too much time on Five Nights at Freddy's, or you're worried that the game's scary themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep; irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

TALK ABOUT THE RISKS

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break if the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



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#WakeUpWednesday

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[@national_online_safety](https://tiktok.com/@national_online_safety)

Tiddlywinks

Baby & Toddler Group



**St Michaels Church House
Tuesdays: 1.15pm-2.45pm
(School term time only)**

Story, Songs, Refreshments, Craft and lots of Toys!

All Pre School Children Welcome

PANTO 2023

THE ESSEX
GROUP
PRESENTS

PUSS
IN
BOOTS

WITHAM PUBLIC HALL
WED 20 - THU 28 DECEMBER 2023

BOOK TICKETS
WWW.TICKETS2C.CO.UK
01245 360821

