

John Ray Times

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

20th November 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 20.11.2023 [Week 1](#) 27.11.23 [Week 2](#) 04.12.23 [Week 3](#)

Zones of Regulation

The ZONES of Regulation

			
Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad	Happy	Nervous	Overjoyed/Excited
Bored	Focused	Frustrated	Hurt/Upset
Tired	Calm	Silly	Angry
Sick	Proud	Excited	Terrified

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

In year 3 this week, the children started their DT unit with Lego building. The children really enjoyed this and they worked well in their teams! In French, the children have learnt how to say hello, ask 'How are you?' and respond. Try asking your year 3 child to speak French at home.

Year 4

Children were enthusiastic in science this week and they were wowed when they built complete circuits. Their application of prior learning and problem solving was excellent. The children are also enjoying their history topic and have been really engaged. Some children have also been researching the Romans at home!

Year 5

In maths, the children have been using their learning from Year 4 to multiply and divide by 10 and 100. The children are really enjoying music this week, particularly the jazz music. On Friday, the children thoroughly enjoyed the Wonderdome which supported their science learning.

Year 6

In year 6, the children have been successfully calculating fractions of an amount. The weekly arithmetic scores are improving where the children have worked hard on answering arithmetic questions during their Early Morning Work.

After school clubs

Just a reminder that our after school clubs finish this week.

Children in Need



Thank you for your donations. We raised £296!

Worry Workshop

John Ray Junior and John Ray Infant School are working together with the Mental Health Support Team to provide parents and carers with a workshop to support children at home with their worries.

The workshop is on the 29th November at 1.30pm at John Ray Infant School. A leaflet was sent home on 9th November.

Please speak to Mrs Ramsay or Miss Gribbin for more information.

Christmas dinner

Christmas dinner this year will take place on the dates below.

Year 4 & 6 – Tuesday 12th December 2023

Year 3 & 5 – Wednesday 13th December 2023

Dinner options will be served to children at the table by our staff. Children have the option of either a roast turkey or Quorn fillet. Dessert will be served to children by Mrs Childs and her Christmas trolley.

On their Christmas dinner day, children are welcome to come into school wearing their school uniform along with a Christmas jumper and / or Christmas accessories.

You must book your child a Christmas dinner using this [form](#) by **midnight on Sunday 3rd December**. Payment is made by topping up your MCAS dinner account.

PTA Christmas raffle

Please contact the school office if you need additional books of raffle tickets. The Christmas draw will take place on 6th December.

PTA Christmas Jumper Amnesty



This year, the PTA are holding an amnesty to give everyone a chance to donate any old, clean, wearable Christmas jumpers to a good cause! Please bring any jumpers you wish to donate into school or nursery next week, and the following week we will hold a sale.

All jumpers in the sale will be sold for only £1 so why not take this chance to clear out all the jumpers the kids have grown out of, and pop along the following week for a bargain.

Details of the sale to follow, so keep your eyes peeled!

PTA Christmas gift shop

We have news about this year's gift shops for the children! Every year we ask for donations for the gift shop in exchange for a non-uniform day, and then we hold the gift shops during the school day and ask the children to bring along £1 to buy a gift for someone special. We wrap the gift, pop a label on and then send it home.

This year's non-uniform day is **Friday 1st December**, and as usual we have suggested a gift category per school year to help try and make sure there is a variety of gifts to choose from, these can be found on the poster below. We are grateful for any and all types of donation though.

Gift shops this year are on the following dates.

6th December - Infant gift shop

7th December - Junior gift shop

This is a favourite for a lot of the children, and is actually a lot of fun for us too. If you want to come along and help with the wrapping then please email pta.secretary.friendsofjohnray@gmail.com or send us a message. They usually run until lunchtime on each day.



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:
Andee in 4W who has been awarded stage 6 swimming award



Well done to:
Ruby, Ronnie and Izzie (3U) who have all raised money to buy food for the Braintree food bank with 7th Braintree Brownies.
Ruby in 3U took her Brownie promise.
Dominic in 4WM was man of the match at football.
Oliver in 6E who was parents' player of the match at football.
Amelia in 4O who has passed her swimming safety badge.
Max in 4W who has been awarded his yellow belt in 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: Ellie-Rose	4CB: Jack	5A: Hayley	6B: Albert
3B: Morgan	4O: Treasure	5B: Albie R	6E: Melody
3P: Nicholas & Hudson	4W: Ruby	5C: Piper	6R: George
3U: Izzie	4WM: Oscar	5G: Cassidy-Jane and Leo	

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	Wednesday and Friday
6E	Monday and Wednesday
6R	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 **0808 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: Smart TVs

The percentage of UK households that own a smart TV has leapt from 11% to 74% in less than ten years – and that proportion is only expected to increase further as more viewers discover the various benefits of these sophisticated systems.

While the technology is impressive, fun and increasingly affordable, the flip side is that the number of people (especially young ones) who need to be aware of their risks has risen commensurately. This week's guide outlines how to avoid some common smart TV hazards, so that you can relax a little when your children do.

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- ktoomey-underhill@compassps.uk	4W- zwatson@compassps.uk 4CB - hcollier-brown@compassps.uk 4O - solney@compassps.uk 4WM- awilson1@compassps.uk or nmoshtagh-kahnmoi@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)
- 02.11.23 Adverse Weather
- 02.11.23 Head Ambassador (yr6)
- 09.11.23 Christmas dinner day (All)
- 09.11.23 Worry Workshop at JRIS (All)
- 13.11.23 Letter to 4WM
- 13.11.23 Letter to 4O

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
30.11.23 PTA Pre-loved Christmas jumper sale	04.01.24 Start of term for children	15.04.24 Start of term for children
01.12.23 Non uniform day in exchange for a gift for the PTA gift shop	08.01.24 After school clubs start	22.04.24 After school clubs start
03.12.23 Deadline for ordering a Christmas dinner- all children wishing to enjoy a Christmas dinner must book	15.01.23 Reading workshop for 4CB and 4W parents 2:30pm	23.04.24 Year 6 maths workshop for parents 3.30pm
07.12.23 PTA gift shop	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
06.12.23 Yr 6 Charter Hall to see Peter and the wolf.	17.01.24 Year 6 reading workshop for parents 8.35am	25.04.24 West Stow trip for Y4 (approx cost £20.50)
08.12.23 Non-pupil day	22.01.24 - 8.45am - 9.30am - Pastoral Support Morning	29.04.24 - 8.45am - 9.30am - Pastoral Support Morning
12.12.23 Christmas dinner day for years 4 and 6	25.01.24 & 30.01.24 One Plan meetings for children on SEN register	13.05.24 SATS week (Y6 only)
13.12.23 Christmas dinner day for years 3 and 5	5.02.24 Children's mental health week	20.05.24 Year 6 Mersea residential meeting 5pm
		21.05.24 Year 3 plants workshop for parents 3.30pm

15.12.23 Year 3 writing workshop for parents 2.30pm	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>)
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)	6.2.24 5A and 5C Maths workshop for parents 2.30pm	27.05.24 Half term
20.12.23 Last day of term	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>)	03.06.24 Non-pupil day
	13.02.24 Safer Internet Day	03.06.24 <u>Multiplication check</u> starts for 3 weeks (<i>Y4 only</i>)
	19.02.24 Half term	04.06.24 Children return to school
	26.02.24 Children return to school	06.06.24 Reserve Sports day in case of poor weather
	07.03.24 World book day (<i>Dress as a book character or bring in a prop from a book</i>)	12.06.24-14.06.24 Mersea residential (<i>Y6 only</i>)
	11.03.24 Science week	17.6.24 5G and 5B Science workshop for parents 3.30pm
	11.03.24 - 8.45am - 9.30am - Pastoral Support Morning	17.06.23 Y4 history workshop from 3:30pm
	15.03.24 Sports Relief (<i>Children can wear sportswear or non-uniform in exchange for a donation</i>)	18.6.24 5A and 5C Science workshop for parents 3.30pm
	18.03.24 Last week for clubs	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)
	19.03.24 Learning conferences (3:45-7pm) for children not on SEN register	01.07.24 - 8.45am - 9.30am - Pastoral Support Morning
	21.03.24 Learning conferences (3:45-5:30pm) for children not on SEN register	01.07.24 Last week for clubs
	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)	10.07.24 Annual reports sent out
	28.03.24 Last day of term	11.07.24 Children to spend time with their new teacher
		11.07.24 Open afternoon drop in for current parents <i>from 2:30 – 4pm</i>
		16.07.24 Y6 production to parents 1:30 and 4:30pm
		23.07.24 Last day of term

What Parents & Carers Need to Know about SMART TVs

Smart TVs connect to the internet without the need for a set-top box or streaming device, letting users access a range of features through the TV set itself, from on-demand content apps like BBC iPlayer to streaming services such as Netflix, as well as connecting to smartphones and other wireless devices. Most new televisions are internet enabled – so whether you're thinking of upgrading your home viewing system or buying an additional TV for your child's room, it's now even more important to consider the online safety aspects.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

From Netflix to Disney+ to Prime Video, there is a plethora of streaming services available. While these services offer content catering for younger viewers, they also provide material for more mature audiences. If you don't have parental controls set up on your accounts, your child could find themselves being exposed to shows and movies with adult themes, strong language and violence.

INCREASED SCREEN TIME

The array of content available through smart TVs could lead to your child spending excessive amounts of time in front of the screen. Not only can prolonged screen time distract from important activities such as schoolwork or exercise, but experts have also warned that endless hours in front of the box can lead to health problems including obesity, poor sleeping patterns and depression.

REMOTE-CONTROL RETAIL

Like many online devices, smart TVs facilitate digital purchases: buying a new app or the latest season of a favourite show, for example. If your child has access to a bank card and isn't restricted by spending controls on the system, they could run up a sizeable bill through a smart TV fairly quickly – especially if they're not quite old enough to fully appreciate the value of money.

UNCONVINCING SECURITY

As Internet of Things (IoT) devices, smart TVs can be uniquely vulnerable to attack. Experts warn that internet-enabled TVs tend not to support high-level security software, so you won't always be able to download strong antivirus programmes like you would on a phone or computer. Being targeted by hackers could be deeply upsetting for your child, as well as putting their personal data at risk.

A SILENT SPY?

Some smart TVs already collect data on users' viewing habits and then display targeted advertising based on that personal information – while there have also been reports of internet-enabled TVs (and the apps installed on them) being used to 'snoopdrop' on owners. In models with a built-in microphone (for voice activation), third parties could potentially listen in on someone's home life.

CONTACT FROM STRANGERS

Many smart TVs can be used for web browsing, social media and live streaming – all of which could allow unknown users to contact your child (or vice versa). If your child engages with these functions of the TV, a stranger could potentially discover their contact information and potentially then use it to obtain even more sensitive personal details, such as your home address.

Advice for Parents & Carers

MAKE IT A FAMILY THING

Family TV time is a great way to model the responsible enjoyment of technology – showing your child how to use the smart TV safely for when they're old enough to watch it independently. You could also take this opportunity to establish some healthy TV boundaries, such as time limits on their daily viewing or how to make sure they're only watching content that's appropriate for their age.

CREATE CHILD PROFILES

Much like with smartphones and tablets, apps can be downloaded onto smart TVs: from free content platforms such as BBC iPlayer to paid-for services like Prime Video. Most of these apps allow you to create a separate account for your child which has different settings to your own – suggesting more child-friendly material and reducing the possibility of them viewing explicit content.

SET UP PARENTAL CONTROLS

It's likely that your smart TV has built-in parental controls, which not only let you filter out age-inappropriate shows, movies and games but can also restrict in-app purchasing, so your child can't accidentally spend money through the device. When you've enabled these safeguards, have an open conversation with your child about the reasons, helping them to understand the potential risks.

CONSIDER THE LOCATION

If you're concerned about the online safety hazards that a smart TV might pose to your child, you could consider where in your home you put the device. The safest option would be to place the smart TV in a shared family space – so that an adult is usually nearby and able to supervise while your child's watching it – rather than in the relative privacy of a bedroom.

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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