

John Ray Times

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

11th December 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 11.12.23 & 01.01.24 [Week 1](#) 18.12.23 & 08.01.24 [Week 2](#)

15.01.24 [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 - Maths has gone well because the children have been using the bar model as a method to help them to identify related multiplication and division facts. The children have been really focussed when publishing their writing, resulting in them producing their best work.

Year 4 – Children are busy publishing their writing – a Christmas story based on different adverts- with the children trying to showcase their best handwriting. They are persevering really well and looking forward to reading their stories to the infant children next week.

Year 5 - Children persevered and tried their hardest with some assessments in reading and maths and showed great learning behaviours. Children are enjoying French and have remembered lots of the vocabulary to help them to converse and speak confidently. They have learnt about food safety in DT and are looking forward to making their chicken goujons.

Year 6 – The children thoroughly enjoyed the visit to see Peter and the Wolf trip at the Charter Hall. Children were sat next to the orchestra which was a great experience for them as it allowed them to look at how the instruments were being played and it was great to see some live music. The children showed excellent John Ray behaviours and were a privilege to take.

Y3 Christmas Experience workshops

This week, Y3 will be visiting St Michael's church for a 'Christmas Experience' workshop. The workshop takes place within the school day and children will be at school to eat lunch. On the day of the visit please ensure children have appropriate footwear (trainers can be worn to school if needed) and a warm coat. This visit is a local visit so parental consent has already been obtained as part of the admission process.

3B had their visit today but for the rest of Y3 the visits will take place on the following days:

3P: Tuesday 12th Dec

3A: Wednesday 13th Dec

3U: Thursday 14th Dec

Christmas dinner

Children in Y4 and Y6 will enjoy their dinner on 12.12.23 and Y3 and Y5's Christmas dinner will take place on 13.12.23. Children may wear a Christmas jumper or accessory along with their school uniform on their Christmas dinner day. Orders for Christmas dinner have now closed.

Y3 and Y4 Christmas service

This will take place on 15.12.23 but will now take place in school rather than at the church. This service is for staff and children only.

Y3 writing workshop

Unfortunately we will need to cancel this workshop for the 15th December but will reschedule this for next term.

SEND Roadshow

We are delighted to be able to share with you the dates and locations of the Essex Local Offer Roadshows for the Spring term.

- Monday 4 March – South Essex - The Holiday Inn - Basildon
- Thursday 7 March – Mid Essex – The Hamptons – Chelmsford
- Wednesday 13 March – NE Essex – Colchester Football Stadium
 - Tuesday 19 March – West Essex – The Harlow Hotel

This is the link to the Essex Local Offer which will have more details about the roadshows as they become available, including which services will be attending <https://send.essex.gov.uk/i-think-my-child-needs-help/essex-local-offer-roadshows>

The marketplace is going to be run during the morning. There will also be parent/carer workshops which will take place during the morning and afternoon. These are being organised with SENDIASS.

Parents will be able to drop into the marketplace but will need to sign up for the workshops.

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:
Mia (4CB), Darcie (3P), Maja (3P) and Victoria (3P) have all received dance awards.
Summer (3A), Jake (5G), Charlie (6B), Albert (4W) and Jasper (5B) were all players of the match at football.
Well done to the John Ray Boys' football team who won 6-5 last week.

Well done to:
Max (3P) who has moved up a stage in swimming.
Lexi (4O) has achieved 20m swimming badge.
Jan (4O) and Adam (4WM) have completed stage 1 swimming.
Quinn and Ruby both in 4W who have new Brownie badges.
Quinn in 4W who is student of the week in Kung Fu

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: Max	4CB: Halle	5A: Younes	6B:
3B: Leyton	4O:	5B: Sydnee	6E: Cassie
3P:	4W: Antonia	5C:	6R: Konnor
3U: Amelya	4WM:	5G: The whole class	

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 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: Disney +

In 2019, media titan Disney launched its own streaming platform, intending to challenge the likes of Netflix and Amazon Prime. Giving (often exclusive) access to shows and movies – such as the legendary studio’s animated classics and the revered Star Wars back catalogue – Disney+ has been a colossal success, proving popular with viewers of all ages. Despite Disney’s reputation for wholesome, child-friendly content, however, there’s far more material available on their platform – some of which is aimed exclusively at adults. This could easily fly under the radar, given the company’s general image

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- 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 [to jrcontact@compassps.uk](mailto:tojrcontact@compassps.uk)

- 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
- 29.11.23 Alec Hunter Taster Sessions (Y5)

29.11.23 Flu Catch Up Clinics (All)
 04.12.23 [Trip to Daws Hall \(Y5\)](#)
 06.12.23 teaching arrangements for 3A from January 2024 (3A only)
 07.12.23 Trip to The British Museum (Y3)

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
12.12.23 Christmas dinner day for years 4 and 6	04.01.24 Start of term for children	15.04.24 Start of term for children
13.12.23 Christmas dinner day for years 3 and 5	08.01.24 After school clubs start	22.04.24 After school clubs start
15.12.23 Year 3 writing workshop for parents 2.30pm This will now take place next term.	15.01.23 Reading workshop for 4CB and 4W parents 2:30pm	23.04.24 Year 6 maths workshop for parents 3.30pm
15.12.23 Y3 and Y4 Christmas service in school. (This is a pupil and staff only service & will take place during the school day. (Note change of venue)	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
20.12.23 Last day of term	17.01.24 Year 6 reading workshop for parents 8.35am	25.04.24 West Stow trip for Y4 (approx cost £20.50)
	22.01.24 - 8.45am - 9.30am - Pastoral Support Morning	29.04.24 - 8.45am - 9.30am - Pastoral Support Morning
	25.01.24 & 30.01.24 One Plan meetings for children on SEN register	13.05.24 SATS week (Y6 only)
	26.01.24 Y3 to British Museum (children to be in school at 8:35, returning approx 4pm)	20.05.24 Year 6 Mersea residential meeting 5pm
	5.02.24 Children's mental health week	21.05.24 Year 3 plants workshop for parents 3.30pm
	5.2.24 5G and 5B Maths workshop for parents 2.30pm	23.05.24 Sports day and parent picnic (parents invited from 11:45)
	6.2.24 5A and 5C Maths workshop for parents 2.30pm	27.05.24 Half term
	08.02.24 In class photos (All children should come to school in school uniform and bring PE kits in a separate bag if it is a PE day)	03.06.24 Non-pupil day
	13.02.24 Safer Internet Day	03.06.24 <u>Multiplication check</u> starts for 3 weeks (Y4 only)
	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 (Dress as a book character or bring in a prop from a book)	12.06.24-14.06.24 Mersea residential (Y6 only)
	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 (Children can wear sportswear or non-uniform in exchange for a donation)	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	

	<p>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>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 DISNEY+

WHAT ARE THE RISKS?

The Walt Disney Company's streaming service, Disney+ combines entertainment from the famous animation studio itself with Pixar, Star and National Geographic, plus the Marvel and Star Wars franchises. With access to the latest releases, Disney classics and original series, there's plenty of content to explore. While parents may have noted that adverts have now been introduced on some versions of the service, the platform is – unsurprisingly for a Disney product – designed to be appropriate for the whole family.

LESS SUITABLE CONTENT

While Disney+ is predominantly family friendly, there are some movies and shows in its library which are aimed at an older audience; these may scare younger ones or contain themes or language that you'd rather your child wasn't exposed to. You could avoid such situations by enabling Junior Mode (see 'Adjust content settings', below) or specifying a content age rating for your child's profile.

BINGE WATCHING

With the option to view content on any internet-enabled device and a growing catalogue of movies, cartoons and documentaries, Disney+ can make managing screen time difficult. This could result in children binge watching content, distracting them from activities like homework or socialising. Too much screen time has also been shown to negatively impact mood, sleep patterns and weight.

PHISHING EMAILS

Be especially cautious if you receive emails or text messages purporting to be from Disney+. There have been numerous reports of online scammers impersonating Disney+ staff in an attempt to gain access to subscribers' personal information. Disney+ states it will never email or call customers asking for their payment details, their private information or their password.

ENCROACHING ADVERTS

Disney+ has introduced a new subscription package – Disney+ Standard with Ads – which plays commercials before movies and during shows (like many TV channels). There are no adverts in Junior Mode, but profiles with a content rating of 8+ years will see ads appropriate for that age category. Adults who give consent will see personalised adverts based on their location and viewing history.

ACCESSING ADULTS' PROFILES

If adults don't set a PIN for their profile, children could access it and encounter content which isn't age appropriate. In the settings, Junior Mode has a toggle titled 'Kid-Proof Exit' which requires the user to read four words (numbers, spelled out) and enter them to switch profiles. For older children who can read, though, this isn't secure enough – so using a PIN for adult profiles is recommended.

Advice for Parents & Carers

ADJUST CONTENT SETTINGS

When setting up an account, there's an option to create profiles in what's called Junior Mode. This generally covers material that's suitable for children up to age 6 and is therefore fairly limited. You can give older children a wider choice of viewing by building a standard profile, then going into the settings and choosing a content rating from one of the pre-set alternatives: 6+, 9+, 12+ or 14+.

ADD PIN PROTECTION

Disney+ enables you to effectively lock profiles behind a four-digit PIN. In particular, some of the shows on the platform's Star content hub are far more oriented to adults (including several hard-hitting dramas from US networks), so protecting parents' or older siblings' profiles with a PIN will help to prevent younger children stumbling across material which isn't intended for them.

TURN OFF AUTO-PLAY

When a cartoon, show or movie finishes, Disney+ uses algorithms to identify content with similar themes, which it thinks your child will also enjoy. This suggestion will then automatically begin to play by default. There's an option to turn off this auto-play function in the profile settings, which will encourage your child to take a break from the screen and move on to a different activity.

ENJOY AS A FAMILY

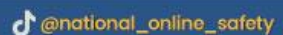
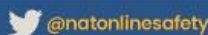
When your child watches a movie or show on Disney+ for the first time, you may want to sit with them to ensure it's suitable. You could do the same when introducing them to older films that you haven't seen for years: your perception of what's appropriate has very probably changed, and some of the language and attitudes in movies from your own childhood may seem quite shocking today.

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.



Source: https://www.disneyplus.com/help/article_content&sys_kb_id=188cdd3d4efc98503ee6610027f3010a https://www.disneyplus.com/help/article_content&sys_kb_id=753e6b1dd441d03af62e61981838 https://www.disneyplus.com/help/article_content&sys_kb_id=461246c6b10a5c5095c6a619391717700a



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