

John Ray Times

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

18th December 2023

Phone: 01376 324107

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Website: www.johnray.compassps.uk



@johnrayjuniors



@ facebook.com/[johnraycompassps](https://www.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 01.01.24 [Week 1](#) , 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 – Year 3 had class trips to St Michael's church this week where Rachel spoke to them about the Christmas story. The children really enjoyed themselves and had some very interesting questions. Their behaviour was excellent and it was a pleasure to take them out.

The design and technology unit using Lego to build fairground rides with electronic moving elements has been amazing. The children have showcased their creativity and superb understanding using 'Spike' on the i-pads to send instructions to the Lego builds to make them move.



Year 4 – Year 4 have been writing Christmas stories for John Ray Infant school children and have visited the infants today to share their stories. The children have carefully considered their audience and written accordingly. In maths they have been multiplying by 10 and 100. There has been lots of sewing in year 4 whilst the children finish their mittens- this has required patience on everyone's part! (see below for Emily's fantastic stitching and Bella's finished mittens)-both in 4WM.



Year 5 – Year 5 have been making chicken goujons in their design and technology lesson and they were all brave enough to taste their finished products. There were lots of positive reviews after the taste test.

Year 6 – Year 6 have been showing vast amounts of perseverance when sewing their cushions in design and technology with brilliant results (shown below) They have also been using Tinkercad to make 3D models of buildings.



Last day of term

Children break up for Christmas on 20th December. We look forward to seeing the children back at school on 4th January 2024.

Football

This week's match against Bocking Primary school led us to our second win of the season with a 6-5 score. Well done to all the boys, as they all worked brilliantly as a team earning plenty of assists that lead to George's first hattrick and further goals from Charlie, Fin and Tae.



Dance Days

On the first week back after Christmas, we have an exciting opportunity for all children to take part in dance workshops hosted by 'Dance Days'. There will be a change in PE days for the first week back.

Thursday 4th January -Year 3 and 5

Friday 5th January -Year 4 and 6

Year 3

On Monday the 15th January, as part of the immersion in our class text, 'The Ancient Egyptian Sleepover' the children in year 3 are invited to bring in some clean pyjamas in a separate bag that they can get changed into in the afternoon. Children will be taking part in activities that enable them to activate their prior knowledge and motivate them for our new topic.

Water bottles

Bottles, for drinking throughout the day, should contain **water only**. Juice or flavoured water should only be in lunch boxes.

Attendance

Whilst we strive for 100% attendance, government expectations are that attendance sits above 96%.

There is a wealth of research to support the link between regular school attendance and good academic performance. Studies also show direct links between regular school attendance and future success in the work place. Irregular attendance also affects children's ability to develop and sustain friendships in school.

From January 2023, if a child's attendance is below 90%, which is classed as being persistently absent, attendance could be recorded as unauthorised. Parents and carers may be asked to provide evidence of medical appointments and medication where they are able to.

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:
Jenson (4WM) who was football keeper of the week
Oliver (6E) and Summer (3A) who have been awarded the football captains armband.
Vinnie (3A), Teddy (3U) and Zac (3U) who are players of the match in football.
Xavia and Jack (4CB) took part in the 5K Santa run.
Tae (6E) has achieved level 6 in swimming.
Alfie (5B) was 2nd in a golf competition.
Summer (4O) passed an acro exam.

Well done to:
Sydney (5B), Elsie (5G), Ruby (4W), Quinn(4W), Sophie (4W), Hallie (5B), Emily (5C), Layla (5C), Florence (5A) and Summer (4O) who have all received the network badge in Brownies. Amelia (4O) received a make a change badge in Brownies. Elsie (5G) and Hallie (5B) have completed their silver award and Sydney (5B) has completed her gold award.
Emily (5A), Layla (5C), Emily (5C) took part in a dance show.

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: Reuben G	4CB: Ella	5A: Albie and Freya	6B: Bronson
3B: Alice	4O: Charlie	5B: Faran	6E: Keeana
3P: Orion	4W: Freddie	5C: Konnie	6R: The whole class
3U: Ralphie	4WM: Tommy	5G: Albie	

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.easypundraising.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: Tips for a tech free Christmas

There's no disputing how integral the digital world has become to modern life. It can prove difficult for many young people to stay off smart phones, tablets and other devices for a single day – even one as special as Christmas. In fact, according to a survey by e-commerce platform Groupon, almost 80% of parents and carers would prefer a festive period that's free from technology. The guide has suggestions for keeping a handle on device use over the holidays, so your family can be truly together this Christmas.

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

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](#).

Spring Term	Summer Term
04.01.24 Start of term for children	15.04.24 Start of term for children
08.01.24 After school clubs start	22.04.24 After school clubs start
15.01.23 Reading workshop for 4CB and 4W parents 2:30pm	23.04.24 Year 6 maths workshop for parents 3.30pm
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
17.01.24 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 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 from 2:30 – 4pm
	16.07.24 Y6 production to parents 1:30 and 4:30pm
	23.07.24 Last day of term

Top Tips for looking after your Mental Health at Christmas



Keep active!

Being active is great for your physical health and fitness, and evidence shows that it can also improve your mental wellbeing.



Watch what you eat!

Nutrition can significantly impact your mental health. A healthy, balanced diet is good for you physically and mentally. A healthy body means a healthy mind.



Stay in touch!

Having good friendships is important for your mental health. Connect or reconnect with friends and family this Christmas.



Take a break!

Allow time for yourself, even if it's just for 5 minutes - stop and put your feet up or have a cup of tea. Make sure you get enough sleep.

Ask for help!

Talk to friends or family or contact:

Samaritans
Child line
Shout (text)

116 123
0800 1111
85258

If you feel you are struggling with your mental health over the holidays, please reach out and seek help.

SET CAMHS Team: 0800 953 0222

Out Of Hours (Mental Health Direct): 0800 995 1000

Emergency: 999



MENTAL HEALTH SUPPORT TEAM

Top Tips for a TECH-FREE CHRISTMAS

It can be difficult to stay away from technology and devices, and sometimes this means that people – of any age – can find it hard to be present in the moment. As a period when families are able to spend some quality time together and enjoy each other's company, Christmas is the perfect opportunity to step away from our phones, laptops and consoles and concentrate on the things that really matter. Follow our top ten tips for a tech-free festive period and make the most of this holiday season. Merry Christmas!

1. BOARD GAMES CAN BE FUN (HONEST)

OK, no one wants a repeat of that incident when your youngest had to pay triple rent on Mayfair, but going back to basics with a card or board game can be a fantastic bonding experience. Choose a game that even the youngest members of your family can enjoy and have a fun tech-free time.

2. MAKE YOUR OWN DECORATIONS

Spending time on arts and crafts is a brilliant way to relax and spend some productive time offline. Making your own Christmas decorations as a family can become a wholesome tradition and leave you with some treasured mementos, too.

3. GO FOR A WINTER WALK

Not much beats wrapping up warm on a crisp December day and taking a stroll. Whether alone or with the family, a walk is a fantastic way to clear your head and relish the break from hectic normal life. As an extra festive treat, why not make a flask of hot chocolate to take with you?

4. BAKE SOME FESTIVE TREATS

Not all Christmas cooking has to be a stressful chore that's timed with military precision. Baking some simple festive treats like cookies doesn't have to take hours – and will make sure you're stocked up on tasty things to offer any friends or family members who pop round.

5. READ A FAMILY STORY TOGETHER

Turn story time into an event. Make the living room or bedroom into a tech-free space, light some candles, make some hot drinks and reach for a classic Christmas tale. It's a fantastic way to relax before bed, and the right story will help to get the whole family into the festive spirit.

6. TURN OFF NOTIFICATIONS

It sounds obvious, but turning off email and app notifications can give you more control of your relationship with technology. Getting into the habit of checking your phone periodically – rather than reacting every time a notification arrives – helps you to stay present in the moment.

7. FEED THE BIRDS

Food's hard to come by for wildlife in winter, so helping our feathered friends is a very worthwhile reason to put down those devices and reconnect with nature. Fill a bird feeder in the garden or take a snack for the ducks in your local park (but ditch the bread in favour of oats, rice or birdseed).

8. SET DAILY LIMITS

Many apps and devices let you set reminders to let you know how long you've used them for that day. Setting daily limits puts you firmly in charge of your time and will help to ensure you don't miss out on any family Christmas memories because you're engrossed in your phone or laptop.

9. GET ON YOUR BIKE

Exercise, such as going for a run or a bike ride is an excellent way to burn off some of those Yuletide calories while giving your brain and eyes a break from screen-based activity. Physical exertion also helps reduce anxiety and releases endorphins which can improve your sense of wellbeing.

10. MAKE TIME FOR YOURSELF

There can be a lot of pressure to meet up with friends, make video calls and check in with people at Christmas – but remember that you need time to relax as well. Don't feel guilty about not replying to messages and emails immediately – the holiday is your chance to drop down a gear or two.

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#WakeUpWednesday



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