

John Ray Times

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

15th January 2024

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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 22.01.24 [Week 1](#) , 29.01.24 [Week 2](#) , 15.01.24 [Week 3](#)

Zones of Regulation

The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Laid Back	Happy	Worried	Overwhelmed/Scared
Bored	Focused	Overwhelmed	Paranoid
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

Since we have come back after the Christmas holidays, the whole school has been using the painting 'A shipwreck on stormy seas' by Claude-Joseph Vernet to inspire their written work. This unit of work will last for two weeks, beginning with drama and ending with a written piece of work.

Across the school, the children have been really enthusiastic about this and the writing has been some of the best the teachers have seen this year. We are looking forward to reading their published writing and enjoying the whole school displays that will be created by the teachers to celebrate their hard work.



Water bottles

Bottles, for drinking throughout the day, should contain **water only**. Juice or flavoured water should only be in lunch boxes. **Can we please ask that children do not bring PRIME bottles into school.**

Y4 and Y6 reading workshops

We are looking forward to seeing the Y4 parents this week for a reading workshop. These will take place at **2:30pm** and entry will be via the white hall doors opposite the bus stop in Notley Road.

Reading workshops for 4CB and 4W took place today

16.01.24 Reading workshop for 4O and 4TR

A Y6 reading workshop will take place on 17.01.24 from 8:35am. Please enter the school with your child and sign in at the classroom.

Attendance

There is wide agreement among health professionals and educational professionals that school attendance is vital to the life chances of children and young people. Being in school improves health, wellbeing and socialisation throughout the life course. The greatest benefits come from children and young people attending school regularly.

It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above. Useful information from the NHS can be found via this link: [NHS 'Is my child too ill for school?' guidance](#)

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: Summer (3A) and AJ (6B) who were awarded the captain's armband in football. Jenson (4TR) and Logan (3U) were awarded player of the match. Theo (4O) was trainer of the week in football.	Well done to: Charlie (4O) who has his 25m swimming certificate. Max (3P) who was the most improved student in karate. Mia (4CB) dancer of the week.
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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. **Stars of the week will recommence next week.**

3A: Noreen	4CB: Johnny	5A: Lily-Rose	6B: Jack
3B: Daniel	4O: Aybel	5B: Alfie	6E: Oliver
3P: Callum	4W: Lacey-Mae	5C: Amelia S	6R: Freya
3U: Riley	4TR: Jessica	5G: Tyler and 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.

3A, 3P	Tuesday and Thursday
3B	Monday and Tuesday
3U	Tuesday and Friday
4O, 4W	Monday and Wednesday
4WM	Wednesday and Friday
4CB	Tuesday and Wednesday
5A and 5C	Tuesday and Thursday
5B and 5G	Tuesday and Wednesday
6B	Wednesday and Friday
6E	Monday and Wednesday
6R	Tuesday 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: Hate Speech Verses Free Speech

This free information guide has tips to help combat hate speech online, while still respecting people's right to free speech.

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- cwaspe1@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 – kbrighton@compassps.uk , kbreen@compassps.uk 4TR - tbeeson@compassps.uk , rcottee@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

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)

9.12.23 [Trip to West Stow \(Y4\)](#)

04.01.24 teaching arrangements for 5C (5C only)

10.01.24 One Plan arrangements for 5C only

10.01.24 One Plan booking letter

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
16.01.24 Reading workshop for 4CB and 4W parents 2:30pm	15.04.24 Start of term for children
17.01.24 Year 6 reading workshop for parents 8.35am	22.04.24 After school clubs start
22.01.24 - 8.45am - 9.30am Pastoral Support Morning	23.04.24 Year 6 maths workshop for parents 3.30pm
25.01.24 & 30.01.24 One Plan meetings for children on SEN register	25.04.24 & 30.04.24 One Plan meetings for children on SEN register
26.01.24 Y3 to British Museum (children to be in school at 8:35, returning approx 4pm)	25.04.24 West Stow trip for Y4 (approx cost £20.50)
5.02.24 Children's mental health week	29.04.24 - 8.45am - 9.30am - Pastoral Support Morning
5.2.24 5G and 5B Maths workshop for parents 2.30pm	13.05.24 SATS week (Y6 only)
6.2.24 5A and 5C Maths workshop for parents 2.30pm	20.05.24 Year 6 Mersea residential meeting 5pm
	21.05.24 Year 3 plants workshop for parents 3.30pm
	23.05.24 Sports day and parent picnic (parents invited from 11:45)
	27.05.24 Half term
	03.06.24 Non-pupil day
	03.06.24 <u>Multiplication check</u> starts for 3 weeks (Y4 only)

<p>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)</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>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 & 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>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 (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 Children & Young People Need to Know about **FREE VS HATE SPEECH**

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others. It's not the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly; being respectful and inclusive to those around us, rather than making offensive and threatening remarks. That's called 'hate speech' and knowing the difference is incredibly important.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives ...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Galileo's theories were incredibly offensive to many at the time, while not everyone agrees with Darwin, even today. A frequent exchange of ideas is vitally important for a healthy society.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having ours challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Freedom of expression includes the right not to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal. By law, nobody can force you to say anything you don't want to.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote, decent working conditions or same-sex marriage – couldn't have been achieved without it.

Hate speech refers to any communication – like talking, texting or posting online – that negatively targets a group or an individual because they are perceived to be different in some way. Demonsing and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes...

Targeting people or groups because of a protected characteristic – like race, gender identity, sexuality, nationality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on the same characteristics: referring to them as if they were animals, objects or other non-human entities, for example. Separating the target from other human beings is usually an attempt to justify the speaker's bigotry.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions. Suggesting that a certain group should be removed from society could be seen as a call to arms, for example – potentially putting people from that group in danger.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way. This kind of thinking is always incorrect – but can be incredibly harmful to the group in question.

Spreading damaging misinformation about a person or group that the speaker views as "different" – essentially, trying to turn others against them by lying. Someone might claim that a recent tragedy is the fault of this entire group, when this is simply not possible.

Promoting the segregation of certain groups, or discrimination against them, because of who they are. This has been illegal in the UK for a long time – but some people still try to promote the exclusion of others, which can cause a huge amount of distress.

Meet Our Expert

The Global Equality Collective is an online community for homes, schools and businesses, a collective of hundreds of subject matter experts in diversity, equality and inclusion, and the organisation behind the app, the world's first app for diversity, equality and inclusion.

GLOBAL
EQUALITY
COLLECTIVE

The
National
College

NOS National
Online
Safety®
#WakeUpWednesday

Source: <http://www.legislation.gov.uk/ukpga/2010/15/contents>
<http://www.legislation.gov.uk/ukpga/1998/42/schedule/1/trusts-1/entry/1> Freedom of expression

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