

John Ray Times

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

29th January 2024

Phone: 01376 324107

Email: jrcontact@compassps.uk

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 12.02.24 [Week 1](#) , 29.01.24 [Week 2](#) , 05.02.24 [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

Y3

Year 3 have been thinking about philosophy in their RE lessons this half term. Their big question is 'What is Philosophy?' They have been thinking about morality and unpicking the difference between knowledge and wisdom. The conversations taking place have shown some in depth thinking. The children had a great day at the British Museum on Friday and enjoyed learning more about the Ancient Egyptians. The children's behaviour in London was excellent.

Y4

Year 4 have been really enthused about their science learning about the digestive system and teeth. So much so, that Oscar from 4TR brought in an animal skull to show us all. We made predictions about the diet that the animal had based on the type of teeth it had and from that we made a good guess about which animal it had come from. Eventually, Oscar told us that it had come from a sheep. Thank you so much to Oscar and his family for supplementing our learning in such a fun way.



Y5

Year 5 are showing a real passion for writing at the moment and are completing lots of shorter pieces linked to their class text. In maths they continue to practise division and are continuing to show great learning behaviours. 5C have welcomed Miss Dehaan this week to teach them whilst Mrs Casey is poorly.

Y6

Year 6 continue to wow the adults working with them with their excellent learning behaviours. This week they have been referring back to their learning from September and were able to recall their maths work on decimals before building their new learning upon it.

They have been redrafting their writing during English lessons and are beginning to have a deeper understanding of the writing process as a result.

Y3 Parent drop in

Parents of Y3 children and invited into school at 2:30 to read the children's recounts on 15th February. We look forward to seeing you.

Dinner money arrears

Please note that parents should ensure that there is sufficient credit on their Bromcom account to cover any school dinners ordered. The Trust reserves the right to begin legal proceedings to recover debt including dinner money arrears. Our debt recovery policy can be found on our [website](#). Please contact the school office if you believe your child may be entitled to free school meals.

Autism Central Support

Autism Central - Support Provided by Families/Carers for Families/Carers Autism Central offers information, group online sessions and 1:1 support via telephone or Teams. A diagnosis is not needed to access this free service. Upcoming events include:

- Thursday 1 February 2024 - Supporting After-school Distress
- Thursday 8 February 2024 - Supporting Sleeping
- Thursday 15 February 2024 - Holiday Survival

Click this link to get further information: [Autism Central for Parents and Carers | Autism Central](#)

Local SEND support

There is a page within the Compass Partnership of School website which directs parents and carers to local support.

[The Compass Partnership - Inclusion \(compassps.uk\)](https://compassps.uk)

Threadworm

We have been informed that some of our children have had to be treated for threadworm recently.

We would be grateful therefore, if you could click on the link below to find out how to look for symptoms and how to treat threadworm.

<https://www.nhs.uk/conditions/threadworms/>

Children can still attend school whilst receiving treatment.

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:



Daisy in 4TR and her dance group came 1st in their competition Sunday evening and even better, got a golden buzzer to perform as a group at the O2 arena!

These children who were players of the match in football: Isaac (4W), Freddie 4(W), Jake (5G), Sidney 3(B), AJ 6(B), Tyler (5G) who was also awarded the captain's arm band.

In dancing, Lexi (4O) was dancer of the week and Akasya (3P) won a dance competition.

Well done to:



Well done to Oscar in (4TR) who got man of the match at football!

Scarlett 4(W) who took part in a Cub sleep over at Colchester castle.

In swimming, Andee (4W) has been awarded a certificate in water rescue, Riley 3P has competed stage 2 swimming.

Rosie (5B) stage 1 swimming and 5m and 10m badges.



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: Carys	4CB: Mia, Taliah	5A: Oneki, Raife	6B: Teegan
3B: Pixi, the whole class	4O: Ethan, Ayden	5B: Ayan, Annabella	6E: Joseph, Tae
3P: Maya, Jenson	4W: Aaron, Alicja	5C: Blake, Ruby	6R: Nancie
3U: Callum	4TR: Jessica, Oscar	5G: Jessica, Elsie	

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. 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 phone tips for young people

One in three 8-year-olds in Britain own a smartphone and that proportion rises to more than 90% by the time children reach 12. This concerted increase – driven by factors both personal (blossoming independence) and practical (the transition to secondary school) – makes it all the more valuable for young people to know how to use such devices safely.

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 (We are awaiting an email address for Miss Dehaan) 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

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

19.01.24 - Measles advice (All)

22.01.24 - Wraparound Care Survey (All)

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
5.02.24 Children's mental health week 5.2.24 5G and 5B Maths workshop for parents 2.30pm 6.2.24 5A and 5C Maths workshop for parents 2.30pm 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) 13.02.24 Safer Internet Day 15.02.24 Y3 parents invited to school to read children's work 2:30pm 19.02.24 Half term 26.02.24 Children return to school 07.03.24 World book day (Dress as a book character or bring in a prop from a book) 11.03.24 Science week	15.04.24 Start of term for children 22.04.24 After school clubs start 23.04.24 Year 6 maths workshop for parents 3.30pm 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) 29.04.24 - 8.45am - 9.30am - Pastoral Support Morning 13.05.24 SATS week (Y6 only) 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>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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SMARTPHONE SAFETY TIPS

for young people

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You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

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.



The National College

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.01.2023



PRE-LAUNCH SESSION

SMILES FOOTBALL DEVELOPMENT

WEDNESDAY 31ST JANUARY

6:30PM – 7:30PM

YEAR 3 – YEAR 6

FREE – SPACES LIMITED

YOGA DANCE

My new children's yoga class is called YOGA DANCE! Each class will have a warm-up focused on flexibility, we shall work towards the wheel, splits, handstands, king cobra pose, and many others. Then a series of dance flow asanas (postures) will be taught from a choreographed routine.

Yoga dance is a dynamic fusion of yoga and dance elements. Its combines traditional yoga postures with fluid dance movements, creating a holistic mind-body workout. This practice enhances flexibility, strength, and cardiovascular fitness while promoting mindfulness through rhythmic and expressive dance sequences. It's a creative way to engage with the physical and meditative aspects of yoga, making it enjoyable for those who appreciate a more dynamic and expressive approach to their practice.

Classes will be starting on the 28th and 29th of February. Wednesday's 16:35-17:15 at St Michael's C.O.E Primary School, and Thursday's 17:00-17:40 at Notley Green Community Centre. Yoga dance will be £6 per class, which will need to be paid half termly.

info@yogawithnikki.net

www.yogawithnikki.net



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challenges & games



EPPING - CHELMSFORD - BRAINTREE - DUNMOW

Drop off between 8:30am - 9:30am until 3pm

OFSTED APPROVED & TRUSTED BY PARENT/CARERS FOR 10 YEARS



BRAINTREE

John Ray Junior
School
19th, 20th & 21st
February



EPPING

Epping St. John's
21st, 22nd & 23rd
February



DUNMOW

Flitch Green
Community Hall
19th, 20th & 21st
February



CHELMSFORD

Moulsham High
School
19th, 20th & 21st
February

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PER HOUR



Rated 5 Star on Google!



My son really enjoyed the
Holiday Course, would
recommend to other parents
with kids that love playing
football. Affordable childcare.
Thanks again for making my
son feel welcome!"

- 2023 5* Google Review

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www.mrfa.co.uk

Are you interested in teaching in Essex?

CTSN@Essex Primary SCITT has hubs in Braintree and Chelmsford.

Come along to one of our upcoming informal events to find out more.

Spring Virtual Events:

January

Wednesday 17th 5-6pm

Tuesday 30th 7-8pm

February

Wednesday 14th 5-6pm

Wednesday 28th 4-5pm

March

Monday 11th 5-6pm

Monday 25th 5-6pm

Please email Julie Gariazzo

(julie@essexprimaryscitt.co.uk) for further details.



Bocking Theatre Club presents

Dick Turpin **rides again**

Limelight scripts

21st to 24th February 2024

Bocking Village Hall CM7 5LA



Box office

Eaton's tea & coffee house
George Yard Shopping Centre

Cream
Church street, Bocking

Tel: 01376 320948 booking line

www.bockingtheatreclub.co.uk

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