

John Ray Times

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

5th February 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](#).

Returning after half term: 26.02.24 [Week 1](#), 04.03.24 [Week 2](#), 11.03.24 [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

The children in Y3 have enjoyed learning about nutrition and food labels in science and have been learning about the traffic light system used in food labelling. The teachers are really proud of the way the children are redrafting their writing too. It was also lovely to hear the fantastic compliments that members of the public gave to the Y3 children at the British museum. They were so impressed with their brilliant behaviour and fabulous manners.

Y4

The children in Y4 have been linking their knowledge of nutrition to learn about teeth. In English, they have been writing character descriptions and we have been impressed with the way the children have used adventurous vocabulary for effect.

Y5

Y5 are enjoying learning about the kings and queens of Britain and many have been busy carrying out their own research. They are keen to know which monarch they will be learning about next.

Y6

Y6 are busy working towards creating a piece of street art using stencils. Many of the children have chosen to create messages linked to the work we have been doing on No Outsiders and My Happy Mind.

Today, we had a number of contractors working in our school as part of the work to improve the school building. At the end of the day, it was great to hear from the supervisor that he had not been in a school for a long time where the children were so polite, well mannered and friendly. Well done

John Ray!

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.

Cross country



Well done to all the children who took part in the cross country event at Tabor last week. A group of children from every year group represented JRJ on a very cold January day. Everyone worked extremely hard in slippery conditions. A special well done to Akaysa 3P (1st) and Freddie 4TR (3rd) who will automatically go through to the next round.

Girls' Football

The girls' football team played an excellent home match against White Notley. With a final score of 3-2 and goals from Nancie W and Jeanne. Well done girls - a super effort!



Mobile phones

Children can bring in a mobile phone if they walk to and from school alone. Before bringing in a phone for the first time, parents should complete a permission form that is signed by Miss Harrison.

Phones are collected by the class teacher and put away. If there is misuse of any phone during school time then permission to have it in school may be taken away. Forms can be collected from the school office.

Dinner money arrears

Please note that parents should ensure that there is sufficient credit on their Bromcom account to cover any 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.

Breaktime snacks

Junior schools do not receive funding for fruit and vegetable snacks for children. However, children can bring in fruit, vegetables or a cereal bar as a breaktime snack. Other foods should only be in lunch boxes for consumption at lunchtime. We usually have fruit, raisins, dried apricots and banana chips for sale from our tuck shop at a cost of 30p per item.

Pharmacy First



The poster features the NHS logo at the top right with the text 'Providing NHS services'. The main headline reads 'Most pharmacies can help you with seven common conditions without needing a GP appointment'. A list of conditions is provided in a dark green box: Sinusitis (adults and children aged 12 years and over), Sore throat (adults and children aged 5 years and over), Earache (children and young adults aged 1 year to 17 years), Infected insect bite (adults and children aged 1 year and over), Impetigo (adults and children aged 1 year and over), Shingles (adults aged 18 years and over), and Urinary tract infection (women, aged 16 to 64 years). To the right of the list are four small photographs showing pharmacy staff assisting customers. Below the list, a speech bubble icon is next to the text 'Ask your pharmacy for more information about this free* NHS service'. The bottom of the poster features the large text 'Visit your Pharmacy First!' and a small footnote: '*NHS prescription charge rules apply where a medicine is supplied'.

NHS
Providing NHS services

Most pharmacies can help you
with **seven common conditions**
without needing a GP appointment

- **Sinusitis**
(adults and children aged 12 years and over)
- **Sore throat**
(adults and children aged 5 years and over)
- **Earache**
(children and young adults aged 1 year to 17 years)
- **Infected insect bite**
(adults and children aged 1 year and over)
- **Impetigo**
(adults and children aged 1 year and over)
- **Shingles**
(adults aged 18 years and over)
- **Urinary tract infection**
(women, aged 16 to 64 years)

Ask your pharmacy for more
information about this
free* NHS service

**Visit your
Pharmacy First!**

*NHS prescription charge rules apply where a medicine is supplied

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 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)

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:

Albie in 4TR got player of the match for football last week. He showed his trophy to the class and spoke about the reasons why he was awarded it.

Albie 5B and Tae 6E shared their certificates for representing JRJ at Cross Country this week.

Layla 5C was pleased to share that she is now a Sixer at Brownies and Quinn and Sophie shared their Networking Brownie badge.

Alex in 4CB wore the captain's armband this week at football.

Well done to Tamara in 6R who went out of her way after school to help a younger pupil.

Well done to:

Bellina in 6R who has been awarded the Jack Petchey award for being recognised as an outstanding achiever. Bellina was chosen for being an excellent football captain.



Victoria and Mya in year 3 won an award for their solo dancing this week.

Logan 3U, Ellis 6B, Jan 4O and Alfie 6B achieved Man of the Match this week. Merdan 3U received a medal for playing football.

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: Callum	4CB: Simon	5A: Riley	6B: Millie
3B: Whole class	4O: Scarlett	5B: Bobby	6E: Xavier
3P: Harper	4W: Sophia	5C: Amy	6R: Jack, Olympia
3U: Logan	4TR: Jenson	5G: Kaidan, Evie	

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: Persuasive Design

Apps and sites are all competing for our attention. Over the years, numerous strategies have been developed which are intended to influence users' behaviour – making us more likely to remain on a site, game or platform for longer periods of time. These techniques are known as 'persuasive design' and can have a particularly profound effect on children and young people.

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- ktomey-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 teachers 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

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 11.03.24 - 8.45am - 9.30am - Pastoral Support Morning	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>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>
---	--

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

WHAT ARE THE RISKS?

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

KEEP SCROLLING

WIN TO WIN

27 new posts

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College



National Online Safety

#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

[@national_online_safety](https://tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.01.2024

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



USE CODE **SIB20** WHEN SIGNING UP WITH A SIBLING FOR 20% OFF



STREET STRIKER

FEBRUARY HOLIDAY COURSES

BOOK HERE



£21.66 per day
when you book all three days



Football fun at a safe,
secure outdoor venue



State of the art
facilities & equipment



FA/UEFA qualified &
ex-pro coaches



Tournaments,
challenges & games

**EARLY
DROP
OFF
AVAILABLE**



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

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



CHELMSFORD

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

**3 DAYS OF
CHILDCARE FOR**

£3.09

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

@mrfaessex

☎ 01371 829 216



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

Sponsored by

**JOSCELYNE
CHASE**

noda

Be inspired by amateur theatre





FANTASTIC FEBRUARY CAMP



19th FEB - 23rd FEB

Notley Green Primary School
Blickling Rd, Braintree, CM77 7ZJ

FEB 19th MONDAY	FOOTBALL & GYMNASTICS DAY	★ Football Tournaments ★ Ronaldo's Skill School ★ Jumps and Routines ★ Balance and Rolls
FEB 20th TUESDAY	NINJA WARRIOR	★ Obstacle Courses ★ Camouflage ★ Timed Challenges ★ Ninja Tag
FEB 21st WEDNESDAY	OLYMPICS DAY	★ Running Races ★ Throwing Challenges ★ Long Jump ★ Tennis
FEB 22nd THURSDAY	INFLATABLE DAY	★ Bouncy Castle ★ Multi Sports ★ Inflatable Dodgeball ★ Bouncy Fitness
FEB 23rd FRIDAY	SPORTS DAY	★ Basketball ★ Benchball ★ Football ★ Handball

Welcome to our Fantastic February Camp Schedule!
Each day you can expect a number of different themed sports,
games & activities!

TO BOOK:

Visit www.superstarsport.co.uk, click "Book Now"

There is a 4.5% platform fee on every booking

SCAN HERE





EARLY BIRD
DISCOUNT
CODE*:
UKL970

FEBRUARY HALF-TERM CAMP

Notley Green Primary School
Blickling Rd, Braintree, CM77 7ZJ

NINJA
WARRIOR

FOOTBALL

MEDALS
AND
PRIZES

GYMNASTICS

INFLATABLES

AND MUCH
MORE....

Monday 19th Feb - Friday 23rd Feb

FULL DAY:

£25 per day

£110 for the week

Year 1 - 7 children

9AM-3PM

HALF DAY:

£14 per day

£65 for the week

Reception children

9AM-12:45PM

SCAN HERE!



To Book:

Visit www.superstarsport.co.uk 'Book Now'

For more information call 01992 766 707

*Early bird discount expires 8th February - 11:59pm. There is a 4.5% platform fee on every booking

