

John Ray Times



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

5th February 2024

Phone: 01376 324107 Email: <u>ircontact@compassps.uk</u> Website: www.johnray.compassps.uk

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@johnrayjuniors

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@ facebook.com/johnraycompassps

For uniform orders visit: <u>www.gooddies.co.uk</u>

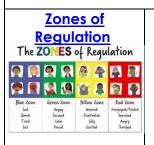
For information on Food Bank vouchers email: mkeegan@compassps.uk

For second hand uniform requests email: rcottee@compassps.uk

Breakfast club queries email: hwiltshire@compassps.uk

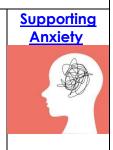
School dinner menus are on our website: W/C 12.02.24 Week 1.

Returning after half term: 26.02.24 Week 1, 04.03.24 Week 2 , 11.03.24 Week 3.



School Attendance Difficulties





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 <u>website</u>. 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.



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: <u>Autism Central for Parents and Carers</u> | <u>Autism Central</u>

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)

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	40: 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	
40, 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 <u>0808 800 5000</u>. If a child is in immediate danger, you should call 999. Children can call <u>Childline</u> at any time on <u>0800 1111</u>

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	4W-zwatson@compassps.uk	
3B- bball@compassps.uk	4CB - hcollier-brown@compassps.uk	
3P- sphillips@compassps.uk	40 – kbrighton@compassps.uk,	
3U- ktoomey-underhill@compassps.uk	kbreen@compassps.uk	
	4TR - tbeeson@compassps.uk,	
	rcottee@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 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 to rcontact@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
	15.04.24 Start of term for children
5.02.24 Children's mental health week	22.04.24 After school clubs start
5.2.24 5G and 5B Maths workshop for parents	23.04.24 Year 6 maths workshop for parents
2.30pm	3.30pm
6.2.24 5A and 5C Maths workshop for parents	25.04.24 & 30.04.24 One Plan meetings for children
2.30pm	on SEN register
08.02.24 In class photos (All children should come	25.04.24 West Stow trip for Y4 (approx cost £20.50)
to school in school uniform and bring PE kits in a	29.04.24 - 8.45am - 9.30am - Pastoral Support
separate bag if it is a PE day)	Morning
13.02.24 Safer Internet Day	
15.02.24 Y3 parents invited to school to read	13.05.24 SATS week (Y6 only)
children's work 2:30pm	20.05.24 Year 6 Mersea residential meeting 5pm
19.02.24 Half term	21.05.24 Year 3 plants workshop for parents
26.02.24 Children return to school	3.30pm
	23.05.24 Sports day and parent picnic (parents
07.03.24 World book day (Dress as a book	invited from 11:45)
character or bring in a prop from a book)	27.05.24 Half term
11.03.24 Science week	
11.03.24 - 8.45am - 9.30am - Pastoral Support	03.06.24 Non-pupil day
Morning	03.06.24 Multiplication check starts for 3 weeks (Y4

only)

15.03.24 Sports Relief (Children can wear sportswear or non-uniform in exchange for a donation)

18.03.24 Last week for clubs

19.03.24 Learning conferences (3:45-7pm) for children not on SEN register

21.03.24 Learning conferences (3:45-5:30pm) for children not on SEN register

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 daychildren should come to school in trainers / suitable shoes for walking)

28.03.24 Last day of term

04.06.24 Children return to school

06.06.24 Reserve Sports day in case of poor weather

12.06.24-14.06.24 Mersea residential (Y6 only) 17.6.24 5G and 5B Science workshop for parents 3.30pm

17.06.23 Y4 history workshop from 3:30pm 18.6.24 5A and 5C Science workshop for parents 3.30pm

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)

01.07.24 - 8.45am - 9.30am - Pastoral Support Morning

01.07.24 Last week for clubs

10.07.24 Annual reports sent out

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

What Parents & Carers Need to Know about PERSUASIVE DESIGNONLINE

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 nearle in real life.

MENTAL HEALTH CONCERNS

Scrolling anline 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 almiess scrolling can eat up time which could have been spent on more productive activities. It could olso lead younger users into areas of the online world

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.

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.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health advantor (Katie), his well as delivering werkshops and training for young people, perents and schools, her laise a subject matter expert on RSME for the Department of Educatio



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 spore 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 checklet 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.

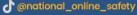














My new children's yoga class is called YOGA DANCE! Each class will have a warm-up focused on flexibility, we shall work towards the wheel, splits, handstands, king cobra pose, and many others. Then a series of dance flow asanas (postures) will be taught from a choreographed routine.

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 perclass, which will need to be paid half termly.



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



OFSTED APPROVED & TRUSTED BY PARENT/CARERS FOR 10 YEARS





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

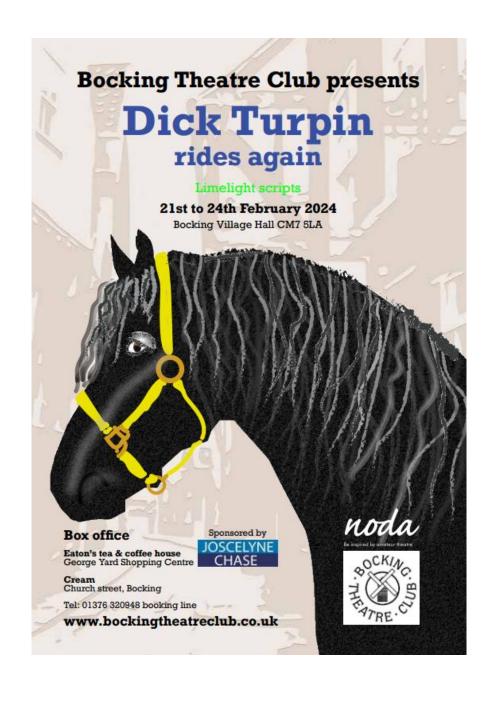
aryscitt.co.uk) for further details.















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







For more information call 01992 766 707

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