

John Ray Times

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

22nd April 2024

Phone: 01376 324107

Email: jrcontact@compassps.uk

Website: www.johnray.compassps.uk



@johnrayjuniors



@facebook.com/johnraycompassps

For uniform orders visit: www.goodies.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: 07.05.2024 [Week 1, 22/04/24](#) [Week 2, 29/04/24](#) [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

Year 3 – Children are really enjoying their new class text (The Accidental Billionaire). Children are asking to read constantly - they are finding it hilarious and are excited for the writing. In science, they dissected a flower and could identify and label the parts - children enjoyed seeing how a flower worked.

Year 4 - Children really enjoying their book (There's a Boy in the Girls' Bathroom) and want to read on. In maths, children are learning about decimals and making links back to their fractions work and dividing by 10.

Year 5 – Children are enthused and keen to read their class text (Harry Potter). When writing character descriptions, they have focused on personality of characters rather than just appearance.

Year 6 – Children are reading classic poems like the Jabberwocky and are tackling difficult vocabulary and drawing on skills learnt in previous lessons. During PSHE, children used a book (Introducing Teddy) to facilitate mature discussions about gender identity.

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. 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.

Our current attendance for the year to date is 95%.

Y3: 95.3%

Y4: 95.3%

Y5: 94.5%

Y6: 94.7%

We have 44 children (10%) who have 100% attendance.

25th April – Wear something orange

On the 25th April, both John Ray Infants and Junior Schools will be holding a 'wear something orange' day to raise money for the MND Association. After being inspired by Kevin Sinfield and Rob Burrows, Mrs Christian is aiming to complete the Rob Burrows Leeds Marathon on the 12th May with her Mum. The money raised will go to the Motor Neurone Disease Association – you can read more about their incredible work on their website (mndassociation.org) along with some additional information about Kevin and Rob's incredible friendship and fundraising after last year's event. Any donation will be gratefully received and can be handed to class teachers during registration.

This is the same date as Y4's West Stow trip however they are still welcome to take part.

[MND Association | Fighting motor neurone disease](#)

[Kevin Sinfield carries Rob Burrow over Leeds marathon finish - BBC News.](#)

Y5 Road safety walks

Y5 children will be taking part in road safety walks in the local area this week run by Essex County Council. 5A and 5C will have already had their session but 5B and 5G will be taking part on Wed 24th April. Please ensure that children have a coat and sensible shoes for walking.

Y6 Maths session 3:30 23rd April

Just a reminder that Y6 parents are invited to a maths workshop after school on Tuesday 23rd April. Please enter through the external classroom doors from 3:30pm.

Football – girls' football

On Tuesday our girls' team played a match against White Court. Despite their best efforts, the team lost however they refused to give up and showed great sporting behaviours. Well done girls.

SEND Roadshow

The Spring Essex Local Offer Roadshows have just taken place. Thank you to the 368 families who joined us. The next round of roadshows will take place in June and July at the following venues:

- West Essex: 26th June – The Old School House, Takeley
 - Mid Essex: 27th June – The Queens Hall, Halstead
- North East Essex: 2nd July – The Prince's Theatre, Clacton
- South Essex: 4th July – Small Gains Hall, Canvey Island

No diagnosis is needed to get support at a roadshow.

Keep an eye on the [Essex Local Offer Website](#) for Roadshow updates.

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:

Harry in 4W who participated in Engineering for kids and received a certificate in piper computer coding

Vinnie (3A), Jenson (5G), Max (3P), Theo (3B), Jan (4O), Oscar, Dominic, Albie, Alex (all in 4TR), Merdan (3A) were all players of the match in football.

Franklin in 5A who was awarded star player for tennis

Sophia in 4W who was awarded her level 2 swimming certificate

Well done to:



Ethan in 4O who was player of the match for his football team
Isaac in 4W who was awarded his creative badge in cubs

Jaxon in 4CB and Vinnie in 5G who were awarded medals in rugby Summer in 4O, Quinn in 4W and

Alicja in 4W who were awarded their second badges in Brownies

Sophie in 4W and Ruby in 4W who were awarded their sixer badges in Brownies

Summer in 4O who received her stage 6 swimming certificate

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: Jack	4CB: Layla	5A: Isabella	6B: Kaisley-Faith
3B: Ivy	4O: Awesome	5B: Keiva-Lily	6E: Sacha
3P: Freddie	4W: Henry	5C: Oriana	6R: Casey
3U: Adams	4TR: Oscar	5G: Poppy	

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: What parents and carers need to know about social media and mental health

It is estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming; what they're posting; and what interactions they're having. On social media, it can be easy to go down a rabbit hole that isn't beneficial to our wellbeing. As platforms grapple with managing 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which enthral young people, but we can still help children to be mindful of their mental wellness: recognising when something isn't OK ... and knowing what to do about content that upsets them.

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 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 jrcontact@compassps.uk](mailto:tojrcontact@compassps.uk)

19.01.24 - Measles advice (All)

22.01.24 - Wraparound Care Survey (All)

06.02.24 - KEGS open days (Y5 Boys)

01.03.24- Secondary school allocations (Y6 only)

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](#).

Summer Term

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*)
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 Multiplication check starts for 3 weeks (*Y4 only*)
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
21.06.24 School fete after school
26.06.24 Class photos
01.07.24 - 8.45-9.30am: 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 SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrails young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sanwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-55262835>
<https://www.fox.com/nightly-social-media-usage-09201711/>

NOS National Online Safety®
#WakeUpWednesday

ACL

COMMUNITY & FAMILY LEARNING

FAMILY FIRST AID WORKSHOP OFFER

FREE



FIRST AID KIT

WHAT'S ON OFFER?

*2 x 2 hour 'Family First Aid' sessions in your school for parents, carers, grandparents, staff

*FREE

*Qualified tutors available to deliver sessions from 10 June 2024 onwards

*FREE of charge (you just provide a suitable room)

QUERIES

aclfamilylearning@essex.gov.uk



Essex County Council

ACL

FAMILY LEARNING

FREE Sessions
in the Braintree Area
Sign up TODAY!

FREE



NEW Courses added regularly
Keep an eye out for the following
family fun sessions
*Easter Crafts
*The Relaxing Art of Paper
Crafting

Course Name	Start Date	Final Date	Venue	Start Time	End Time
FL Understand ADHD-Adult Late Diagnosis	11/03/2024	11/03/2024	Halstead Library	12:30	14:30
FL Know your numbers!	18/03/2024	18/03/2024	Online Live	18:30	20:30
FL Understand Anxiety (Adults)	18/03/2024	18/03/2024	Halstead Library	12:30	14:30
FL Getting Teens To Talk	21/03/2024	21/03/2024	Online Live	19:00	21:00
FL Mindfulness & Relaxation	15/04/2024	15/04/2024	Online Live	18:30	20:30
FL SEND Support for Parents & Carers	17/04/2024	22/05/2024	Online Live	19:00	21:00
FL Managing Big Emotions	18/04/2024	18/04/2024	Online Live	19:00	21:00
FL Anxiety Coping Techniques For Teens	22/04/2024	22/04/2024	Online Live	18:30	20:30
FL Wellbeing Art Workshop	May-24	Jul-24	Various Dates & locations	12:30	14:30
FL What To Expect When...	13/05/2024	03/06/2024	Online Live	18:30	20:30
FL Starting School & Nursery	17/06/2024	17/06/2024	Online Live	18:30	20:30
FL Starting Secondary School	15/07/2024	15/07/2024	Online Live	18:30	20:30

3 WAYS TO SIGN UP ... QR CODE, WEBSITE, PHONE



call our friendly team on
03330 321 017



Search 'Family Learning' at
aclessex.com



Essex County Council