

John Ray Times

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

29th April 2024

Phone: 01376 324107

Email: jrcontact@compassps.uk

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: **07.05.2024** [Week 1](#), **15/05/24** [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 in learning

My Happy Mind

Last week, the children started the 5th module in their My Happy Mind lessons. This module is called **Engage** and is about setting meaningful goals and works on building resilience and self esteem.

This year we have already covered the following modules.



1 Meet Your Brain

Understanding how your brain works and how to ensure we look after it so that we can manage our emotions and be at our best. Growth mindset is a key part of this too.



2 Celebrate

Understanding your unique character strengths and learning to celebrate them. This is a fantastic module for building self esteem.



3 Appreciate

Understanding why gratitude matters and how you can develop gratitude as a habit. Gratitude is key to wellbeing and resilience and we're all about making it a habit!



4 Relate

Understanding why positive relationships matter and how to build them. We're focussed on the building blocks of good relationships and friendships.

Why not ask your child what they have learnt in their My Happy Mind sessions so far?

Y5 trip to Daws Hall

In a change to the dates, 5A and 5C will now visit Daws Hall on Thursday 9th May and 5B and 5G on Friday 10th May.

25th April – Wear something orange

Thank you for all your donations – we raised an amazing **£525** across both John Ray Infants and Juniors.

Book donations

We love reading new books! If you have any books that are no longer read at home, we would love to receive any donations to add to our school collection. These will continue to be loved by the children at JRJ. Please send any donations to the school office. Thank you.

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:

George (6R) has achieved stage 7 swimming, Scarlett (4O) swimming s=level 1 & 2, Harrison (4W) swimming level 1 & 2 and 10m.

Henry in 3P who took part in a rugby tournament winning a medal



Well done to:

Dominic(4TR), William (4CB), Noah (4W), Vinnie (3A), Zach (5G) who were all players of the match in football. Dominic (4TR) has also been given the captain's armband. Blake (5C), Jake (5G), Zach (5G) and Farran (5B) are now through to the final of the cup.

Summer (3A), Ruby (4W), Quinn (4W), Sophie (4W), Alijia (4W) have all achieved 2 more brownie badges and Summer (3A) was 2nd place in a handicraft competition.

Isaac (4W) was student of the week in Kung Fu. These children who have taken part in a gymnastic competition: Victoria (3P) achieved 5th place, Mya (3P) 3rd place, Amelia 1st place.

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: Bessie	4CB: Nicholas	5A: Isaac	6B: Maks
3B: Scarlett	4O: Jan	5B: Kayden	6E: Maks
3P: Faye	4W: The whole class	5C: Harvey	6R: Riley
3U: Izzy	4TR: Jacob	5G: Maks & Silua	

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: What parents and carers need to know about shopping platforms

Long gone are the days where eBay and Amazon were the only means of buying quality items online. The rise of user-friendly, accessible shopping apps has meant that getting clothes, gadgets and other goodies delivered direct to your door can be accomplished with a few touches of your phone's screen while you're on the go.

These apps aren't without their issues, however, and users still run the risk of scams, data breaches and other online safety concerns. Being aware of these dangers will go a long way to keeping your money

and information safe, so you can still enjoy what these shopping apps have to offer. Our guide has some top tips to help protect young people on these purchasing platforms
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.

<p style="text-align: center;">Year 3</p> 3A- cwaspe1@compassps.uk 3B- bball@compassps.uk 3P- sPhillips@compassps.uk 3U- ktoomey-underhill@compassps.uk	<p style="text-align: center;">Year 4</p> 4W- zwatson@compassps.uk 4CB - hcollier-brown@compassps.uk 4O – kbrighton@compassps.uk , kbreen@compassps.uk 4TR - tbeeson@compassps.uk , rcottee@compassps.uk
<p style="text-align: center;">Year 5</p> 5B- hbreeze@compassps.uk 5C - dcasey@compassps.uk 5G- ngibson@compassps.uk 5A- abear@compassps.uk	<p style="text-align: center;">Year 6</p> 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 Coffee (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

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)

Term dates 2023-4 and 2024-25 are on our [website](#).

Summer Term

09.05.24 5A & 5C trip to Daws Hall

10.05.24 5G & 5B trip to Daws Hall

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

07.06.24 Non uniform day in exchange for summer fete donations- details to follow (children who have PE lessons on Friday should wear appropriate active wear)

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

(children who have PE on this day should come into school in school uniform and bring PE kits in a separate bag) NOTE CHANGE OF DATE

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

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as Temu – allow users to buy goods at reduced prices. Others, like Vinted and Depop, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

WHAT ARE THE RISKS?

- MISSING ITEMS**
Users of Vinted, Depop and Temu have reported not receiving their products despite payment being taken. Users can initially contact the seller to query a missing item, and they have between two and five days (depending on the app) to tell the company what has happened. However, once the money has reached the supposed 'seller', it can be quite difficult to get back.
- SCAMMERS AND PHISHING**
Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include cancelling shipment of an item once the payment has been processed or asking to conclude the chat and payment outside of the app, where the victim is no longer protected by the buyer protection plan. This should, naturally, be avoided at all costs.
- DATA MISUSE**
Apps of all kinds frequently collect our data, often asking for more information than is necessary to set up an account. Data gathered in this way is then usually sold on to third parties for marketing purposes. Lately, certain apps have been under scrutiny for using spyware to track their members' activities – but all too often, the user's consent to this practice has been hidden away in the terms and conditions.
- FAKES OR REPLICAS**
It's certainly not unheard of for poor-quality products to be falsely marketed as luxury items, using misleading pictures or clever wording. These disingenuous sales are sometimes outed by suspiciously low price tags, but this isn't always the case. For children and young people especially, there's a risk that the promise of bagging a high-end item for a fraction of its usual price will outweigh any suspicions they may have.
- SLOW REFUNDS**
While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for this. For many people (especially during a cost-of-living crisis) that can be a long time to be without both the product you bought and the hard-earned cash you spent on it.
- MISLEADING DESCRIPTION**
Some people will be able to notice when, say, a product's photo and its description don't seem to match. This isn't a reliable means of picking up on misleading marketing, however – especially not for children and young people, many of whom may not yet realise that such practices even exist. While it's illegal to advertise one thing and sell another, plenty of shady traders use clever wording and omissions to get around this.

Advice for Parents & Educators

- ALWAYS STAY ON THE APP**
It's vital that users pay for any goods through the same app on which they found them, to ensure they are covered by buyer protection. This means users can access support if the item arrives damaged, isn't as described, or doesn't arrive at all – allowing them to seek compensation for the loss. Such regulations can't protect you, however, if you didn't do the deal through the app in question.
- CHECK REVIEWS**
Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item online, check the reviews for comments about the product's quality, the seller's communication and the delivery time. If you're selling, check the reviews of your buyer for red flags such as frequent requests for refunds or claims of 'missing' items.
- BE WARY OF PHISHING ATTEMPTS**
Scammers frequently send messages within these apps to steal personal and financial information from other users. Don't respond to these messages – and under no circumstances should you follow any links they contain. Check for spelling errors, as well as inspecting the name of the sender. Report any suspected phishing emails to the app's help centre – and notify your bank if you think your financial information has been compromised.
- KEEP SAFE AS A SELLER**
Sellers can be exploited just as much as buyers. Some users may purchase an item, for example, then pretend it didn't arrive to secure a refund. Always take photos of the shipping label, along with a picture of you posting the item. Send the package's tracking number to the buyer and keep a copy for yourself, letting you investigate any future claims that it never arrived. When taking photos of items you're selling, ensure nothing personal is in the background.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant at BCyberAware, who has developed and implemented anti-bullying and cyber safety workshops and policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.

Source: See full reference list on guido.page@nationalcollege.com/guides/shopping-apps

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