

John Ray Times

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

13th May 2024

Phone: 01376 324107 **Email:** jcontact@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: **03.06.2024** [Week 1, 13/05/24](#) [Week 2, 20/05/24](#) [Week 3](#)

Zones of Regulation

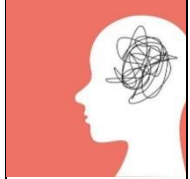
The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Laid Back	Happy	Worried	Overjoyed / Giddy
Bored	Calm	Frustrated	Manic
Tired	Proud	Silly	Angry
Sick		Excited	Terrified

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

PE

This half term, Years 5 and 6 are taking part in a Cool Core unit, aimed at developing core stability while enhancing their wellbeing. Year 6 children have been taking time to use their meditation skills learnt in PE inside the classroom. In Year 5, children have worked hard to build on key skills learnt in previous lessons.

Year 4 children are enjoying learning tennis skills and applying skills learnt in previous years. They are developing their accuracy and ball control with a racket. Year 3 are learning multi-skills where they have shown their teachers how they are using agility, balance and coordination to develop their skills across different sports. The Year 3 children are also improving their teamwork skills and are showing lots of support to each other.

Y5 trip to Daws Hall

Y5 had a great time in the sunshine at Daws Hall last week and spent time identifying plants in a wildflower meadow. They enjoyed pond dipping and caught newts and dragonfly nymphs. The children took part in a mini-beast hunt in the woods and saw caterpillars growing in their silk nests in the trees. This work supported the children's learning in science.



Y4 trip to West Stow

Year 4 thoroughly enjoyed their recent visit to the Anglo Saxon village at West Stow. They spent time looking at primary sources in the museum and outside in the village. The children made links with their learning from spring term and were surprised by the size and materials used to build the Anglo Saxon houses. The children represented JRJ impeccably. Our guide was impressed by the time keeping skills, listening and responses to his questions.



Frozen Fridays

It's back!

In order to raise money for their disco, and other end of year treats, the PTA will be helping year 6 with Frozen Fridays!

Starting this week, after school, come along and pick up a treat starting from just 50p.

This will run every week, weather permitting



Sports day

. Just a reminder that our sports day is due to take place 23rd May. Parents are invited to join the children for a picnic outside from 11:45. Further details will be sent later this week. The reserve date, in case of bad weather, is Thursday 6th June.

Y3 Parent Plant workshop

Y3 parents are invited into school on 21st May from 3:30pm for a plant workshop. Please collect your child as normal and then enter through the 3A classroom from **3:30pm**.

Football

On Thursday, the boys played a competitive match against Great Bradfords with the final score being 3-6. The boys kept their heads up after the first goals being scored early by Bradfords and worked hard as a team to score the following 3 goals. Well done team John Ray.



WhatsApp

We have been made aware by Essex County Council of a WhatsApp group called 'Add Everyone You Know' or 'Add every 1 u know'. Children have been invited to join and to add all their contacts with the aim of attracting over 1000 members. Group posts have included the use of inappropriate language and requests to upload nude photos.

OFCOM Media Report

Ofcom have published the results of their latest annual study of children's relationship with the media and online worlds.

The study found that:

- about a quarter of 5–7-year-olds (24%) now own a smartphone, while about three-quarters use a tablet (76%)
- overall use of social media sites or apps among all 5-7s has increased year-on-year (30% to 38%), with WhatsApp (29% to 37%), TikTok (25% to 30%), Instagram (14% to 22%) and Discord (2% to 4%) seeing particular growth among this age group
- online gaming among 5–7-year-olds has also seen a significant annual increase: 41%, up from 34% – with more children of this age playing 'shooter' games than ever before (15%, up from 10%)

We have added some tips for parents and carers in the e-safety section below.

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.

Essex Short Breaks offer

Essex Short Breaks are now open to children and young people awaiting assessment for autism. Families registered with Short Breaks can access free days out at some of the most popular attractions in Essex. You can also get free or discounted admission to over 1,100 attractions at venues across the UK with a Max Card. You can also enjoy activity days and family days at Essex Outdoors.

To find out more visit the [Short Breaks Website](#).

Donation Appreciation

We would like to share our sincere thanks to Mr Steve Bones of PG Bones who has kindly donated a significant amount of money to enable children in Y6 to be able to join the forthcoming residential trip to Mersea Outdoors. THANK YOU!

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:

Jayden in 4Cb, Theo in 4O and Lily Rose in 5C who have been awarded their green belt in karate. Franklin in 5A has been awarded the yellow stripe belt and Jazlyn and Henry both 4W have achieved their orange belt. Jasper in 5B took part in karate presentation too.

Harrison MT (3B) who has built a birdhouse at home for our wildlife area.



Well done to:

Reuben in 3A who has been invested in cubs.

Alfie in 5B was 1st place in a mud runner race.

Rex and Reggie, both in 3B, Logan in 3U, Blake in 5C, and Jasper in 5B were all players of the match in football. Theo in 4O was 3rd place in a football tournament. Owen in 3A and Jasper in 5B were both awarded the captain's armband.



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: Reuben, Callum	4CB: Xavier, Amelia	5A: Daniel, Alfie, Raife	6B:
3B: Chloe, Blaize	4O: Mia, Cai	5B: Sarha, Miss Flemming	6E: Declan
3P: Tsolaye, Max	4W: Freddie, Max	5C: Charlie, the whole class	6R: Louie, Tommy
3U: Albie, Ruby	4TR:	5G: Lola	

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 the OFCOM media report

On 19th April 2024, Ofcom released their annual Media Use and Attitudes Report, detailing the findings of several surveys and their implications for parents, children and young people in the UK. These statistics often include plenty of thought-provoking information relating to online safety. The report itself is extremely extensive, so instead we've provided a bespoke selection of data gathered by Ofcom about children and young people's experiences on social media, video games and the like. Check our guide for a thorough breakdown of the headline figures.

Source: [OFCOM report April 2024](#)

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- ktomey-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 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

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

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
- 12.07.24 Year 6 Disco 5-7.30 pm
- 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 Can Learn from the OFCOM MEDIA REPORT 2024

Each year, Ofcom – the UK’s regulatory body for communications – produces an overview of children and parents’ media experiences over the course of the previous year. At the time of writing, the latest of these reports, ‘Children and parents: media use and attitudes 2024’ has just been published, and we’ve plucked out some of its most thought-provoking findings regarding online safety.

ONLINE LIVES

- 99%** of 8-17s had regular access to the internet
- 65%** of 13-17s prefer short videos to films and TV
- 34%** experienced harassment or bullying online
- 11-18s** felt more confident communicating online (71%) than in person (53%)
- 87%** of 8-17s felt pressure to be popular on social media

SCREEN TIME

By children’s age group, the percentage of parents who felt less able to manage their child’s screentime were ...

Age Group	Percentage
3-4	34%
5-7	32%
8-11	37%
12-15	46%
16-17	49%

POPULAR PLATFORMS

Most used by children ...

Platform	Under-12s	Over-12s
YouTube	89%	88%
WhatsApp	37%	82%
TikTok	35%	78%
Snapchat	27%	73%
Instagram	22%	69%

ONLINE GAMING

68% of children played video games online

Who did these children most commonly play with?

- 74%** played with someone they know
- 32%** played with strangers

PARENTAL CONCERNS

The things that most commonly worry parents and carers about their child being online include ...

- 77%** seeing age-inappropriate content
- 70%** being harassed or bullied
- 68%** seeing pro-self-harm content
- 62%** having their data gathered by companies
- 59%** being influenced by extreme views
- 55%** having their reputation damaged
- 51%** being pressured to spend money

ONLINE SAFETY IN SCHOOLS

- 93%** 8-17s had at least one lesson about online safety
- 93%** of children are aware of at least one thing they can do to stay safe online
- 91%** children found these lessons useful
- 78%** of 8-17s were aware of age restrictions for apps
- 40%** admitted to faking their age to bypass these limits

DEVICES MOST USED TO GO ONLINE

Age Group	Percentage
3-4s	67%
5-7s	77%
8-10s	73%
11-15s	95%
15-17s	97%

use tablets use tablets use tablets use phones use phones

#WakeUpWednesday

The National College

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

HOLIDAY COURSES

Bikeability Level 1, Level 1 & 2 and 3 and Learn to ride courses

To book, please visit link
essex.cycleready.co.uk/publicbooking

There is a £15 non-refundable booking fee



**SAFER
GREENER
HEALTHIER**


Essex County Council