

John Ray Times

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

24th June 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: **24.06.2024** [Week 1, 01/07/24](#) [Week 2, 08/07/24](#) [Week 3](#)

Zones of Regulation The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad	Happy	Worried	Overjoyed/Elated
Bored	Focused	Frustrated	Humiliated
Tired	Calm	Silly	Angry
Sick	Proud	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

This week our spotlight is on the class books that each year group are reading this half term.
Year 3

Year 3 are reading The Great Kapok Tree which has a focus on deforestation. The children are really enjoying it and re writing persuasive letters to Miss Harrison and the PTA to ask if they can sponsor an orang utan. The have had lots of conversations about their trip to the zoo and why some zoos take part in conservation of endangered species.

Year 4

Year 4 are loving Eye of the wolf with some children having finished reading it already! They are writing non-fiction texts about wolves and have loved researching them, their habitats and other facts to include in their writing.

Year 5

Year 5 have been reading and taking part in drama activities around Shakespeare's Macbeth. They have engaged brilliantly and are making brave vocabulary choices in their writing. The children have been using their imaginations and have been producing their best writing this year!

Year 6

Year 6 are reading The Last bear which is a favourite with all of the year 6 class teachers. It concentrates on climate change and the children have been enjoying discussing this in class.

Class photos

Class photos will take place on 26th June. Children who have PE on this day should come into school in school uniform and bring PE kits in a separate bag.

Summer Fete

Many thanks for all your support at the summer fete which was a great success. The PTA work tirelessly to organise these events and both schools are very grateful. Without their hard work and dedication, projects such as the new play equipment we now have on our field would not be funded. As soon as we have a total to share we will do so.



A special thank you to the Y5 children and the school council who ran stalls at the fete. The children themselves came up with the idea of running a jewellery stall and made all their own stock. Well done!

SEN Local Offer

Our SEN Local Offer is amended and published at the end of each academic year. It has the information on provision and processes across the school and the SENCo contact details: [John Ray Junior School - SEND Local Offer \(compassps.uk\)](#).

SEND Local Offer Newsletter

There are lots of activities and events for children with SEND on the Essex Local Offer and from the Local Offer website – sign up here to read more: [Stay up to date with the Essex Local Offer newsletter | Essex Local Offer](#).

This includes our New POP Essex website and location: [POP Essex • SEN Stay & Play And Respite In Braintree, Essex \(pop-essex.org\)](#).

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.

Race for Life – Silua (5G) and her younger sister Moana will be running in the Pretty Muddy Kids Event to raise funds for Cancer Research UK. The girls will be grateful for any donation amount you could spare.

<https://fundraise.cancerresearchuk.org/page/siluas-race-for-life>

Well done to:
Akasya in 3P who took part in her swimming club championships at the weekend and secured 2 gold medals.



Isabella in 4TR moved up in her swimming class and Jack in 3P for achieving a swimming badge.

Well done to:
Noah 4W came first in a karate competition this weekend.
Jack in 4CB received recognition after volunteering at Park Run for the 100th time whilst Chloe celebrating running at Park Run for the 100th time.
Mya in 3P came fifth in her slow dance competition
Victoria in 3P came 1st in her slow dance and 5th in her pairs dance and Amelia in 4CB came 1st in her pair dance and 2nd in her slow dance competition

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.

Stars of the week from before half term will be added to the next newsletter and will be invited to share why they were chosen in the assembly on 10th June.

3A: Reuben	4CB: Amelia P	5A: Emily	6B: Ashleigh and Winnie
3B: Ivy	4O: Keira	5B: Taylor	6E: Lily
3P: Varad	4W: Abrish	5C: Amellia	6R: Suyanni and Oscar
3U:	4TR: Jimmy	5G: Jessica	

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.

We are noticing more children coming to school on PE days in wear that is not PE uniform. Please ensure that children have a plain white T-shirt and black shorts or tracksuit bottoms. We may ask children to change into any spare PE that we have in school if they do not come to school dressed appropriately.

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: 12 top tips for building cyber resilience at home

In the last couple of decades, the volume of online traffic has increased exponentially – but, by and large, people's awareness of the accompanying risks hasn't grown along with it. To illustrate the scale of the issue, consider this: a report by the Internet Crime Complaint Centre found that, in the US during 2020, there was a successful cyber-attack every second. Yes: every second

Criminals continue to find new and devious ways to attempt to hijack our online transactions and harvest our private information. To them, the smart devices that many of us now use as standard at home are simply a convenient back door into our lives – and our networks. Check out our

#WakeUpWednesday guide for advice on beefing up your household's cyber resilience. In the guide you'll find tips on a number of potential risks such as how to use a password manager, how to back up your data and how to check for breaches.

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).

01.03.24- Secondary school allocations (Y6 only)

16.05.24 - Bikeability – For Autumn Term 2024 (Y5 only)

17.05.24 -Sports day

20.05.24 - Y6 Leavers' disco (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

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

27.06.24 and 28.06.24 Y6 transition days at Notley High School, Tabor and Alec Hunter –please see information from individual schools for specific arrangements

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 Y4 parents invited in at 2:30 –3pm to watch music performance

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

12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you're signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, iPassword and Keeper are all excellent password managers.

4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version - by saving it to a removable USB drive or similar device, for example.

5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' - such as your birthplace or a pet's name - in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency - even if they appear to come from someone you know.

11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates - so by ensuring each device is running the latest version, you're making them more secure.

10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure - criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at www.haveibeenpwned.com (yes, that spelling is correct). It's useful if you're worried about a possible attack - or simply as motivation to review your account security.

8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun - so as long as you keep safety and security in mind, don't stop enjoying your tech.

Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



National Online Safety®

#WakeUpWednesday

Source: www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word | <https://haveibeenpwned.com>



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