

# John Ray Times

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

8<sup>th</sup> July 2024

**Phone:** 01376 324107

**Email:** [jrcontact@compassps.uk](mailto:jrcontact@compassps.uk)

**Website:** [www.johnray.compassps.uk](http://www.johnray.compassps.uk)



@johnrayjuniors



@

facebook.com/johnraycompassps

**For uniform orders visit:** [www.gooddies.co.uk](http://www.gooddies.co.uk)

**For information on Food Bank vouchers email:** [mkeegan@compassps.uk](mailto:mkeegan@compassps.uk)

**For second hand uniform requests email:** [rcottee@compassps.uk](mailto:rcottee@compassps.uk)

**Breakfast club queries email:** [hwiltshire@compassps.uk](mailto:hwiltshire@compassps.uk)

**School dinner menus** are on our website: 15.07.2024 [Week 1](#), 22/07/24 [Week 2](#), 08/07/24 [Week 3](#)

## Zones of Regulation

The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Calm	Happy	Worried	Overwhelmed/Elated
Bored	Focused	Frustrated	Panicked
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 teaching and learning of French that the children have completed over the year.

In year 3, the children have been reflecting on their French learning over the year and revising numbers and colours. This has been interweaved into other lessons too like PE. The teachers are really impressed with the children's pronunciation.

Y4

In year 4, the children have been learning the French vocabulary to talk about the weather. (Il pleut has been used a lot this summer!) The children are very enthusiastic and come into class trying to speak in French and hold a conversation. When answering the register, some children answer in French too.

Y5

Year 5 have been learning the French vocabulary for clothes over this term and are becoming more and more confident with knowing which are masculine and feminine nouns. Their knowledge and pronunciation keeps getting better and better.

Y6

Year 6 are lucky to have Mr Ramsum in some of their lessons as he's fluent in French and can help. The children have been learning about how to talk about the subjects that they learn in school. They are fully embracing the accent too.

## **Keeping safe**

Today we had a practice fire drill. The children, including two classes of Y2 visitors, were very sensible and left the building in silence.

### **Annual reports**

Annual reports will be sent out on 10<sup>th</sup> July and this year, we are hoping to send these out via the MCAS app. Reports will go to contacts with legal parental responsibility.

### **End of Y6 production: Tuesday 16th July 2024**

Year 6 staff and pupils are busy rehearsing for the end of Y6 production of '*The School-O-Vision Song Contest*'. as the production takes place on:

- Tuesday 16th July at 1.30pm.
- Tuesday 16th July at 4.30pm.

During the 4:30pm performance, we ask that pre-schoolers do not attend. Parents and carers should have received booking details today via email.

### **Year 4 Music Performance**

Year 4 children will perform songs they have learnt in their music lessons this year to parents on Friday 12<sup>th</sup> July. Please wait by the front of the school and we will let you into the hall at 2:30pm.

### **Book Amnesty**

Over the summer, we will spend time restocking our library and classrooms ready for September. Please return all school reading books by Friday 12<sup>th</sup> July.

### **Sports Kits**

We are very short of school football kits as they appear not to have been returned to us. Please check at home and return any that you may have.

### **Wilderness Foundation**

The Wilderness Foundation are offering a programme for neurodiverse children this summer to support their development and needs. The sessions are paid sessions. Please see the leaflet below and contact them.

# WILDERNESS

FOUNDATION UK

Ages  
8-16



Aug  
2024

## Neurodiversity\* Outdoor Summer Camp

Sign your child/teenager up for our outdoor programme for neurodiverse youth.

The programme develops personal skills, resilience, communication, social skills and a lot more. We cook on an open fire, are creative, adventurous and accepting.

**4 WEEKS - 1 DAY per week (Aug 2,9,16,23)**  
**£80/day or £280 for 4 sessions**

Wilderness Foundation has an outstanding reputation and experience in supporting young people over many years, with professional outdoor leaders. For more information and referral form please contact us at [info@wildernessfoundation.org.uk](mailto:info@wildernessfoundation.org.uk)

\*ADHD, ASD, and other neurodiverse conditions



Mann Wood and Chatham Green sites near Great Leighs and Chatham Green

### After school clubs

This is the last week of after school clubs with the exception of art which has 1 more week.

### 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 \(pop-essex.org\).](#)

### 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:

Amy (5C) who has moved to stage 6 in swimming.

Well done to the girls in 3P who baked cakes and raised £41 towards new books for their class book corner.



Victoria and Maja in 3P for their performances in their dance competitions.

Max in 3P for achieving his 200m swimming badge.

Jasper in 5B for his two bronze medals in karate.

Jake (5C), Jeanne (5C), Jensen (5G), Tyler (5G), Jasper (5B), Isaac (4W), Freddie (4TR), Jensen (4TR), Joe (4TR), Henry (3P) and Bailey (3P) all performed superbly in their football tournaments over the weekend, winning medals for their achievements.

Well done to:



Albie in 5G attended his basketball presentation this weekend where he received a trophy for his participation in the U11s JCVL team

Fabi in 4TR has entered a competition to get his art published. Well done Fabi!



### 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 10<sup>th</sup> June.

3A: Ellie-Rose	4CB: Issa	5A: Franklin	6B: Heidi, Oliwier, Alfie
3B:	4O: Amelia & Sammas	5B: Bartek	6E:
3P: Darcey & Mason	4W: Noah	5C: Ruby	6R:
3U:	4TR: Kelsie	5G: Cassidy-Jane	

### 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: What parents need to know about online trolling

"trolling" refers to sending hurtful or provocative comments – often done anonymously online – to provoke a reaction or cause emotional distress. Anonymity can embolden people into saying things they wouldn't dare say in person. Euro 2024 and other tournaments tend to put an emphasis on this, with the abuse of both players and fans often increasing during such even

This free guide explores the phenomenon of online trolling, detailing its risks and letting you know how to safeguard children from this harmful behaviour.

Some people online simply get a kick out of hurting people's feelings, making it their mission to get a rise out of anyone they encounter. These people – known as "trolls" – are known for intentionally engaging in offensive or abusive behaviour to upset others online or provoke them into sinking to their level. At the height of events such as Euro 2024, when rivalries between various supporters reach an apex, trolling tends to see a bit of an uptick.

Unfortunately, while "just ignore them" is genuinely good advice, it can prove very difficult to put into practice. This is especially true for children and young people, who are often still learning how to manage their emotions and sometimes react impulsively to name-calling and other mistreatment. This Wake up Wednesday, however, we're offering expert guidance on how to keep youngsters safe from online trolling – both avoiding it entirely and responding to it effectively.

[www.nationalonlinesafety.com](http://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, <a href="mailto:rcottee@compassps.uk">rcottee@compassps.uk</a>
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 Coffee (Assistant Head) if your child is in Y5 or Y6** – [rcottee@compassps.uk](mailto:rcottee@compassps.uk)

**Mrs Breen (Assistant Head) if your child is in Y3 or Y4** – [kbreen@compassps.uk](mailto: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**

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

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](https://nationalcollege.com).

## What Parents & Educators Need to Know about

# ONLINE TROLLING

The term "trolling" refers to sending hurtful or provocative comments – often done anonymously online – to provoke a reaction or cause emotional distress. Anonymity can embolden people into saying things they wouldn't dare say in person. Euro 2024 and other tournaments tend to put an emphasis on this, with the abuse of both players and fans often increasing during such events.

### WHAT ARE THE RISKS?

#### ESCALATION

Many trolls begin with silly, banal comments before moving on to a broader pattern of offensive messages and posts. They can also turn their attention very quickly to a new target if they grow bored with an existing one, which makes engaging with one fruitless at best – and potentially dangerous at worst.

#### HIDING BEHIND A SCREEN

Because trolls tend to use anonymous profiles, they enjoy a lack of accountability. This also means they'll often have multiple profiles, potentially switching between them regularly or posting across several of them at the same time, making a target feel as though there's no escape. After all, once you block one account, what's to stop them reappearing elsewhere?

#### 24/7 CONTACT

The internet has given us the ability to remain in contact at any time, from almost anywhere in the world. A troll having the ability to reach you whenever they want can leave you feeling like their abuse is unavoidable. While they don't see you in real life, they can message you at any time, reach out to your peers online and even try to discover your personal information to scare you.

#### HATE SPEECH

Sadly, many trolls resort to spewing racial slurs, homophobic attacks and awful stereotypes, as these often stand the best chance of causing emotional harm. This can add a hefty degree of weight to their attacks, moving from what might charitably be described as "teasing" into a genuine hate crime. After Euro 2020, three England footballers were racially abused, resulting in several prison sentences.

#### IMPACT ON VICTIMS

It's not uncommon for the victims of trolls to shut down their accounts, disappear from public life, and try to stay out of the crosshairs for a time – with some even leaving social media forever. This can have a severe impact on children and young people's connections to friends and the world at large, and may not even actually stop the troll. The victims' families, for example, may have online profiles that trolls can still access.

#### NORMALISATION OF TROLLING

It is, regrettably, inevitable that some people will go too far in their criticisms or comments, both online and in the real world. This can lead to many people seeing trolls and their abuse as part and parcel of social media – an inherent risk of interacting with others online. This doesn't mean, however, that it should be considered "normal" or even tolerated.

## Advice for Parents & Educators

#### USE PARENTAL CONTROLS

While social media platforms (where most trolling tends to happen) aren't always helpful when responding to abusive behaviour, parents can set up screen time limits, so children only get to use certain apps at certain times. There's always the potential for trolling to occur anyway – such as friends showing screenshots to one another – but this would minimise the likelihood of children seeing it.

#### DON'T ENGAGE WITH ABUSE

A well-known adage on social media is "don't feed the trolls". Fundamentally, if a child identifies a potential troll online, it's best not to engage with that individual directly. Instead, consider setting up a log to gather evidence for reporting them later on, including screenshots and quotes where possible.

#### ENCOURAGE EMPATHY

While every professional athlete aspires to maintain high standards, it's important to separate the player from the person. A player's performance doesn't make them worthy of abuse, and that can often be forgotten by younger children who simply see the colour of the shirt without considering the person wearing it. For all the rivalries between teams, it's essential children understand that players are still human beings, with families and lives outside of sport.

#### BLOCK AND REPORT

While anonymous accounts make it difficult to block trolls permanently – or even for very long – it's still good practice to help children learn to control who can engage with them online. It's not worth "feeding the trolls", and it's more helpful to block them, report them, and try to move on. Blocking and reporting is an anonymous process, too, so there'll be no indication of who specifically blew the whistle.

#### Meet Our Expert

Lloyd Coombes is the Editor in Chief of GGRecon, and has been working in the gaming and tech industry for five years. A long-time fan of Arsenal, he's a parent who understands the importance of online safety. He's also a tech and fitness writer whose work has been published on sites including IGN, TechRadar and many more.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at [nationalcollege.com/guides/online-trolling](https://nationalcollege.com/guides/online-trolling)



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