

John Ray Times

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

1st July 2024

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@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: 15.07.2024 [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 Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	Overjoyed/Elated Panicked Angry 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 DT (Design and Technology) work that the children have completed over the year.

Year 3

Year 3 have been busy finding out about bridges this half term and, after carrying out research and planning, the children will be designing and building their own bridges. We have been impressed with the vocabulary the children are using.

Year 4

The children in year 4 have been making a high energy snack to link in with their work in geography on the polar regions. The children have designed and considered the ingredients and have enjoyed trying flapjacks! They have considered food groups, different dietary requirements and cultural beliefs around food in preparation for creating their snack.

Year 5

The children are so enthusiastic about designing and making an alarm linked to their work on circuits in science lessons and they have now completed the design phase. Before the end of term, they will spend a day creating the alarm.

Year 6

Year 6 have been designing set designs. The children have finished their final sets which linked to their class text, The Hunger Games. The sets needed moving mechanisms and the children finished them off beautifully, showing careful consideration for the design brief.

Annual reports

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

Class organisation 2024-25

Children have been told today who will be their class teacher for the next academic year. There will be 16 classes next year and the number of pupils is expected to rise to over 450.

We welcome 3 new teachers in September: Mrs Larbalestier, Miss O'Sullivan and Miss Brennan. We will also welcome Miss Russell who will be part of the Y3 learning support staff.

We will be saying goodbye and thank you to Mr Bear and Mrs Underhill who are moving on to work in schools closer to home and Mrs Young who has decided not to return after her maternity leave. As mentioned on previous newsletters, Mrs Childs will be on secondment as Headteacher in another school so Miss Ball will be stepping into the role as SENCo for the year and is therefore not class based. Mrs Yates, one of our longest serving MDAs will be retiring and enjoying a quieter lunchtime from now on, Mrs Heath will be leaving her post of LSA as she is relocating, Mrs Twydell, who currently works in 3A, has secured a new role and Mrs Tucker, one of HLTAs, will be leaving after almost 15 years at JRJ. We wish them all well and thank them for all they have done for the children at JRJ.

Current Class	Teacher	Location
Year 3		
Year Group Leader: Mrs Sarah Phillips		
Y2	Mrs Sarah Phillips (3P)	Current 6E classroom
Y2	Mrs Debbie Casey (3D)	Current 6R classroom
Y2	Mrs Claire Wasp (3C)	Current spare classroom
Y2	Miss Zoe Watson (3W)	Current 6B classroom
Year 4		
Year Group Leader: Mrs Heidi Collier-Brown		
3U	Mrs Heidi Collier-Brown (4CB)	Current 4CB classroom
3B	Miss Jade Bird (4B)	Current 4O classroom
3A	Miss Toni Beeson- Tues, Wed, Thurs (4T) Mrs Karen Breen – Mon, Fri	Current 4TR classroom
3P	Miss Jodie Brennan (4J)	Current 4W classroom
Year 5		
Year group Leader: Mr Chris Ellis		
4O	Mr Chris Ellis (5E)	Current 3A classroom
4W	Miss Harriet Breeze (5B)	Current 3U classroom
4TR	Mrs Amy Wilson –Mon, Tues, Wed (5W) Miss Rachel Coffee – Thurs, Fri	Current 5C classroom
4CB	Miss Karla Brighton (5K)	Current 3P classroom

Year 6

Year group Leader: Natasha Gibson

5G	Mrs Natasha Gibson (6G)	Current 5G classroom
5B	Mr Ryan Roberts (6R)	Current 3B classroom
5C	Mrs Jess Larbalestier (6L)	Current 5B classroom
5A	Miss Caitlin O'Sullivan (6O)	Current 5A classroom

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

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:

- 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:

Lilah (4TR) who took part in 2 theatre shows this weekend.



Cassie and Melody (6E) who performed in a dance show.

Tae (6E) has been chosen as the captain for next season in football.

Jenson (5G) was 2nd in a football tournament.

Bailey (3P) was voted as parents' player in a football tournament.

Amy (5C) who has passed her stage 5 swimming.

Riley (3P) stage 4 swimming.

Akasya (3P) swimming gala – 1 bronze and 2 silver medals.

Andee (4W) silver swimming award.

Alex O (4CB) achieved his perseverance badge in cubs.

Alicija, Quinn, Sophie and Ruby (4W), Molly (3P) and Amelia 4O all took part in a guiding challenge.

Oliver (5B) was awarded rosettes for a dog show.

Kelsey (4TR) achieved 2 1st place in gymnastics.

Amelia, Neve, Nancy, Winnie (6B) and Cassie (6E) have all worked hard to achieve several guiding badges including the guiding theme award.

Well done to:

All the Y6 children who took part in transition days at their new schools. A special well done to these children who were given special awards:

Finley (6R) player of the day;

Kyle (6B) English award

AJ (6B) languages award

Gian (6B) Coding award

Malachi (6R) and Xavier (6E) who played doubles in tennis this weekend.

Amelia K (5C) took part in U11 girls singles tennis tournament where she was 3rd.



In karate, well done to Antonia (4W) yellow belt, Max in 3A yellow stripe.

In jujutsu, Maya (5G) has been awarded orange stripe and Daniel (3B) was second place.

Oliver (5B) was awarded rosettes for a dog show.

Kelsie (4TR) achieved 2 1st place in gymnastics on the floor and vault and 4th on the floor.

Freddie, Jenson, Joe (4TR), Ayan and Jasper (5B) and Tyler (5G) received the Jack Newton trophy for great conduct at a football tournament.

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: Summer	4CB: Millie	5A: Nizalia	6B: Winnie & Ashleigh
3B:	4O: Treasure	5B: Angel	6E:
3P:	4W: Harry	5C: Amy	6R:
3U: Sophia, Gracie, Ozzy,	4TR: Albie	5G: Vinnie	

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](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 need to know about gambling

Online gambling has become more prevalent over the years, with such practises widely advertised on social media and even incorporated into various apps and games. It's growing easier for children and young people to come across opportunities to gamble online, putting parents at greater risk of financial loss or mental and emotional strain.

That said, there are steps you can take to keep these youngsters as safe as possible from the impacts of gambling, and our free guide details these for you. At the same time, our expert points out the most significant risks posed to under-18s, to help you keep these damaging pitfalls to a minimum.

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 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 [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

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

What Parents & Educators Need to Know about GAMBLING

WHAT ARE THE RISKS?

Gambling can be defined as betting or risking money or something of value on the outcome of a situation involving chance. Under current regulations, gambling is legal for adults in the UK. Its potential impacts on the wellbeing of individuals, families and communities are well documented – emphasising the importance of safeguarding children and young people against these hazards.

MANIPULATIVE ADVERTISING

Adverts for online bookmakers and betting exchanges can raise concerns about targeting vulnerable groups, fostering addiction, promoting misleading expectations, impacting mental health, affecting social norms, posing regulatory challenges, influencing minors and other ethical issues. Effective regulation, responsible advertising practices and public education are essential to mitigate these concerns and address the potential harms associated with excessive exposure to manipulative advertisements.

FREE BET!

ADDICTIVE FEATURES

All gambling products carry safety concerns, but some can be even riskier and more addictive. The frequency with which people can place bets can encourage them to do so often – with rapid spins and multiple betting options, for example. Betting on sports events, especially with live in-play betting options, can be highly engaging and habit forming. The 24/7 availability of online platforms can also increase the risk of excessive gambling, particularly among young people.

PEER PRESSURE

Exposure to gambling through friends, influencers or social circles can normalise risky behaviour and create unrealistic expectations about the chances of winning. Addressing peer influence requires support services, responsible advertising practices and effective education on the subject to minimise the impact on children and promote healthier choices.

IMPACT ON MENTAL HEALTH

Gambling can exacerbate mental health issues such as anxiety, depression, and stress – especially if it leads to financial loss. Individuals with existing mental health conditions may use gambling as a coping mechanism – but the cycle of gambling can worsen their symptoms, creating a detrimental impact on overall wellbeing. Integrated support services and treatment options are crucial to address these interconnected challenges effectively.

GATEWAY BEHAVIOURS

Certain features of other products – such as video games that offer in-game purchases – can lead to gambling among young people. These mechanisms can sometimes be designed to exploit psychological vulnerabilities, encouraging repeated spending to acquire virtual items or advantages. Such practices can normalise the associated risks and desensitise young people to putting their or their family's money in danger.

FINANCIAL DIFFICULTIES

The most common impacts of online betting come in the form of financial losses and debt. This, in turn, can lead to distorted perceptions of money, deterioration of relationships, social isolation, and poor academic and career outcomes. Regular gambling can even exacerbate other risky behaviour by making it seem less significant – potentially leading to a cascade of health impacts and financial loss.

Advice for Parents & Educators

ENCOURAGE OPEN DISCUSSIONS

Sporting events can be a good opening for conversations about gambling, as some sponsorships may reference and even glamourise it. Talk to children about how these promotions make them feel and encourage frequent conversations about any concerns they may have. Adverts, influencers and online platforms may also feature gambling products. As a child grows, it's important to encourage their critical thinking skills to help them avoid being manipulated by this type of marketing.

KNOW THE WARNING SIGNS

Parents and educators should be vigilant for signs of gambling harm among young people. Look for changes in their behaviour such as increased secrecy, unexplained money issues, mood swings or withdrawal from their usual activities. Open conversations about gambling risks and maintain a supportive, non-judgemental environment. Try to familiarise yourself with resources and helplines for assistance and guidance.

MONITOR SPENDING

In-game purchases can be appealing to children, allowing them to unlock new features or cosmetic items in a fraction of the time it would take to win them by playing. Talk to children about how they spend money online; an interest in what video games they play can encourage the conversation. Consider setting up restrictions on their devices, requiring their parent or carer's permission before making any purchases. Talk about finances regularly and openly.

GET FURTHER SUPPORT

Support and treatment for young people is available via the Young People's Support Service at GamCare, who can be contacted at 0808 8020 133. A link to their website has also been included in the sources of this guide, along with links to several other support networks. Your GP and local NHS gambling clinic are also available if you require additional advice. Don't hesitate to reach out for help if you're concerned about a child's gambling behaviour or their financial situation.

Meet Our Expert

Ygam's mission is to prevent children and young people from experiencing gaming and gambling harms through awareness raising, education, and research. The charity was established in 2014 as a result of the lived experience of their founders.



Source: See full reference list on guide page at <https://nationalcollege.com/guides/gambling>

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