

John Ray Times

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

30th September 2024

Phone: 01376 324107

Email: jrcontact@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: **15/10/2024 [Week 3](#), 30/09/2024 [Week 1](#), 07/10/2024 [Week 2](#)**

3rd October – Themed lunch day – Harvest Festival

On the THURSDAY 3rd OCTOBER, we will be having a Harvest festival themed lunch day. The menu for this day can be view by clicking [here](#)

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 23.09.24.

Spotlight on learning

PE

his half term, children in all year groups have been taking part in tag rugby lessons. The children have been learning how to throw and catch in a different way. They have been developing attacking and defending skills and wearing tag belts to ensure they do not lose a tag. Miss Watts, Mrs Ramsey and Miss Ball have been blown away with the children's resilience and enthusiasm for this sport. If your child is interested in taking part in additional rugby session, local clubs are at Braintree and Witham.

Y6 Ambassadors

Well done to Franklin, Maya, Taylor and Tyler who used our core value of courage to deliver a presentation to the whole school on Thursday in their bid to become one of our Head Ambassadors. The children in school listened respectfully to the children and then voted for who they would like to represent them. It was very close and the children should be really proud of their efforts but the two children with the most votes were Franklin and Tyler. Well done to all the children who interviewed for the positions and we are really lucky to have a group of children who wanted to take on additional responsibilities within the school. Well done to the following children: Poppy, Layla, Amelia, Jake, Jessica, Jasper, Sarha, Sydnee, Stephanie, Oriana, Bobby, Elsie, Arthur and Max.

One Plans – 1st and 2nd October

One plan meetings for children on the SEN register will take place on 1st and 2nd October. Parents of children on the SEN register will have received an email asking them to book a slot.

Secondary School Applications – Year 6

The window for applying for your child's secondary school is now open. Applications can be made online via www.essex.gov.uk/admissions

The closing date for applications is 31st October 2024

Mrs Ramsay

Sadly, Mrs Ramsay will be leaving John Ray Juniors in a couple of weeks to try her hand at something new. In the eight years she has been with us, Mrs Ramsay has supported so many of the children who are currently attending the school and ones who have moved on to secondary school. We will miss her and wish her all the best for the future. Mrs Baker and Mrs Buckley will be taking over the Young Voices choir club on Mondays.

Parking near school

After receiving some complaints from residents, may we kindly ask that you give care and consideration to our school neighbours when parking to drop & collect your children at school. Please do not block driveways or pavements and always ensure you have left room for emergency vehicles.

Breakfast Club

Our childcare breakfast club is open from 7:30 but bookings have now closed for this half term. Bookings for the 2nd half of the autumn term open on Monday 16th September at 7am and close on Friday 11th October at noon. Bookings will not be accepted after this date. These dates are also on the dates section below. Parents will no longer be able to book using the MCAS app. Bookings will need to be made via our breakfast club form and places will be allocated on a first come first served basis. Parents **must** hand their child over to the breakfast club staff. Please do not attend breakfast club without a booking as your child may be turned away.

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 \(compassps.uk\)](http://www.jrjunior.com/SEND-Local-Offer).

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.](http://www.essex.gov.uk/SEND-Local-Offer)

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

Well done to:

Riley (4J) stage 4 swimming

Players of the match for football: Blake 6L, Jake 6G, Zach 6R, Noah 3D

Oliver 6R: 2 1st place awards at a dog show

Jaxon 5K: won his rugby match
 Max 4J: karate green belt with blue stripe, Rex 4: blue karate belt
 Lilly 4CB: 1st place in a roller derby
 Akasia 4CB: 50m front crawl race
 Darcey 4J: 1st place in a carnival

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. Our first stars of the week will be awarded on Friday.

3C:	4B: Morgan	5B: Scarlett	6G: The whole class
3D: Noah	4CB: Lilly	5E: Ayden	6L: Charlie
3P: Samuel	4J: Victoria	5K: Taliah	6O: Jamie
3W: Jude	4T: Brad	5W: Dominic	6R: Sahra

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.

Monday	Y3, 6L, 6G
Tuesday	Y3, Y5
Wednesday	Y4, Y6
Thursday	Y5, 6O, 6R
Friday	Y4

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](#).

ASDA – Cash pot for schools

Huge thanks to everyone that has registered for the Asda Cashpot for Schools campaign already. We have already raised a good amount, as you can see below!

Even if you do not shop at Asda, we will still receive £1 for every parent/carer/friend/family member that registers and chooses our school. All you need to do is to download the Asda rewards App, click on the cashpots and choose the school you want to support.

Follow the link below for more info
<https://www.asda.com/cashpotforschools>

With so many students at our school, even if only one person per child signed up, we could raise a lot of money which all goes to benefitting our children. All for very minimal effort.

Please feel free to let your friends and family know, as the more support we get, the more money for the children.

**Thank you for
your support**



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 and carers need to know about Instagram

Instagram is one of the most well-known social media platforms around, frequented by users of all ages all over the world, and allowing them to share photos and videos with friends, family and the wider public if they wish. The site has many younger users, allowing people as young as 13 to create an account and engage with its community

As a popular choice of platform for teenagers, it's vital that parents and educators understand the risks associated with the site and what can be done to mitigate them. This free guide lets you know about the most prominent safety concerns on Instagram, offering expert advice on how to make young people's experiences on the app as secure as possible.

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
3C: cwaspe1@compassps.uk 3D: dcasey@compassps.uk 3P: sphillips@compassps.uk 3W: zwatson@compassps.uk	4B: jbird@compassps.uk 4CB: hcollier-brown@compassps.uk 4J: jbrennan@compassps.uk 4T: tbeeson@compassps.uk, kbreen@compassps.uk
Year 5	Year 6
5B: hbreeze@compassps.uk 5E: cellis@compassps.uk 5K: kbrighton@compassps.uk 5W:awilson1@compassps.uk,rcottee@compassps.uk	6G: ngibson@compassps.uk 6L: jlarbalestier@compassps.uk 6O: cosullivan@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 INCLUDING NEWSLETTERS – 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)

09.09.24 Y6 Ambassador applications (Y6 only)

13.09.24 Breakfast Club Booking Information (All Year Groups)

13.09.24 My Happy Mind (Y3 only)
 20/09/24 Layer Marney Towers trip – (Y3 only)
 20/09/24 Young Voices tickets & T-shirt letter (YV club children only)
 23.09.24 My Happy Mind (Y4.5 and 6 only)
 23.09.24 One Plan Autumn Meetings (Invited children only)

Dates for the academic year 2024-2025 (new dates in red)

[Please see the website for the term dates](#)

Autumn Term 2024	Spring Term 2025	Summer Term 2025
<p>01.10.24 & 02.10.24 One Plan meetings for children on SEN register 3.30pm-5.30pm 24.10.24 4T / 4B visit to Colchester Castle 25.10.24 4CB / 4J visit to Colchester Castle 28.10.24 Half Term week 31.10.24 Secondary school applications close (Y6 only) 02.11.24 Open morning for prospective parents 10am-12 04.11.24 Children return to school 05.11.23 Learning conferences (3:45-6.30pm) for children not on SEN register 06.11.23 Learning conferences (3:45-5:30pm) for children not on SEN register 15.11.24 Children in Need (non-uniform: children can wear spots / stripes in return for a donation) 25.11.24 Last week for clubs 17.12.24 Christmas dinner day for years 4 and 6 18.12.24 Christmas dinner day for years 3 and 5 19.12.24 Christmas Service at school 20.12.24 Last day of term</p>	<p>07.01.25 Start of term for children 13.01.25 After school clubs start 21.01.25 & 22.01.25 One Plan meetings for children on SEN register 5.02.25 Children’s mental health week 6.02.25 In class individual photos (<i>All children should come to school in school uniform and bring PE kits in a separate bag if it is a PE day</i>) 11.02.25 Safer Internet Day 17.02.25 Half term 24.02.25 Children return to school 06.03.25 World book day (<i>Dress as a book character or bring in a prop from a book</i>) 21.03.25 Comic Relief (<i>Children can wear sportswear or non-uniform in exchange for a donation</i>) 24.03.25 Last week for clubs 11.03.25 Learning conferences (3:45-6.30pm) for children not on SEN register 12.03.25 Learning conferences (3:45-5:30pm) for children not on SEN register 3.04.25 Easter service at school 04.04.25 Last day of term</p>	<p>22.04.25 Start of term for children 28.04.25 After school clubs start 12.05.25 SATS week (Y6 only) 13.05.25 & 14.05.25 One Plan meetings for children on SEN register 20.05.25 Year 6 Mersea residential meeting 5pm 22.05.25 Sports day and parent picnic (<i>parents invited from 11:45</i>) 26.05.25 Half term 02.06.25 Multiplication check starts for 3 weeks (Y4 only) 02.06.25 Children return to school 05.06.25 Reserve Sports day in case of poor weather 11.06.25-13.06.25 Mersea residential (Y6 only) 25.06.25 Class photos (children who have PE on this day should come into school in school uniform and bring PE kits in a separate bag) 07.07.25 Last week for clubs 08.07.25 Children to spend time with their new teacher 10.07.25 Annual reports sent out 16.07.25 Open afternoon drop in for current parents <i>from 3:30pm – 4.30pm</i> 17.07.25 Y6 production to parents 1:30 and 4:30pm 18.07.25 Last day of term</p>

What Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION
13+

follow

WHAT ARE THE RISKS?

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Meet Our Expert

Dr. Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire 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 guide page at: <https://nationalcollege.com/guides/instagram-2022>



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