

# John Ray Times

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

7<sup>th</sup> October 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: 14/10/2024 [Week 3](#), 21/10/2024 [Week 1](#), 07/10/2024 [Week 2](#)

Chartwells (catering provider) have issued a newsletter to all parent/carers. The newsletter contains useful information about the meals which are provided to your child/children. There is also a short survey for parents/carers to complete. Please click [here](#) to view the newsletter and complete the survey.

## Zones of Regulation

The ZONES of Regulation

			
<b>Blue Zone</b>	<b>Green Zone</b>	<b>Yellow Zone</b>	<b>Red Zone</b>
Sad Bored Tired Shy	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 23.09.24.

### **Spotlight on learning**

#### **Science**

Across all year groups, the children have been immersing themselves in their new science topics, undertaking hands on experimentation. Year 3 have been identifying rocks by testing their hardness, permeability and reaction to acid. As part of their topic on electricity, Year 4 have been investigating circuits and finding out which circuits will light a bulb. Year 5 have been testing air resistance by designing and making parachutes to see how effective they are based on different criteria. In year 6, they have been investigating light, eyes and reflection – looking at how light travels and representing this with examples found.

## BALANCING ACT

Supporting child mental health

Workshops for parents of children in year 1 to year 4

### NFOS SCHOOLS Separation Anxiety and Emotionally Based School Avoidance

20th November 2024, 9:45 am or 1:15 pm

Included in this training:

- Separation Anxiety
- Emotionally based school avoidance
- What we can do to help

All sessions are virtual and will last approximately 1 hour

**RECORDINGS WILL BE AVAILABLE**

[Book your place via this link](#)

Kerry Williams MNCS Accred. Counsellor/Supervisor/Family Liaison Officer  
Jacky Wragg MA, SEND, Essex Partnership SENCO/ Supervisor/ School Support

## BALANCING ACT

Supporting child mental health

Workshops for parents of children in year 5 to year 9

### NFOS SCHOOLS Separation Anxiety and Emotionally Based School Avoidance

27th November 2024, 9:45 am or 1:15 pm

Included in this training:

- Separation Anxiety
- Emotionally based school avoidance
- What we can do to help

All sessions are virtual and will last approximately 1 hour

**RECORDINGS WILL BE AVAILABLE**

[Book your place via this link](#)

Kerry Williams MNCS Accred. Counsellor/Supervisor/Family Liaison Officer  
Jacky Wragg MA, SEND, Essex Partnership SENCO/ Supervisor/ School Support

## **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](http://www.essex.gov.uk/admissions)

The closing date for applications is 31<sup>st</sup> October 2024

### **Notley High School Y6 Design and Technology session 15<sup>th</sup> and 17<sup>th</sup> October 9am - 10am**

Notley High School would like to invite current Year 6 students to a D&T activity where they will have the opportunity to design and make a product. Students will also experience laser cut products. Spaces are strictly limited to 40 students per session and places can be booked using the link below and further information contact Notley High School directly. Please note: parents / carers will be responsible to taking children to and from the session.

<https://www.eventbrite.com/e/year-6-student-design-task-activity-sessions-tickets-1038771903727>

### **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 2<sup>nd</sup> half of the autumn term open on Monday 16<sup>th</sup> September at 7am and close on Friday 11<sup>th</sup> 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 \(compassps.uk\)](#).

### **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.

Well done to:

Ellie-Rose in 4T who won a national drawing competition with the Channel 5 TV programme Milkshake. Ellie-Rose's drawing was shown on the programme on Saturday.



Well done Ruby in 4CB who was awarded dancer of the day for Aerial Arts.



Karate gradings

This weekend some of our children have taken part in karate gradings.

Mya in 6G achieved her orange belt. Scarlett in 5B, Finley in 3W and Henry in 5B achieved their green belts.

Franklin in 6O achieved his yellow belt. Lucy in 6R achieved her orange stripe belt. Harriet in 5K and Antoni in 6L achieved their blue belts.

#### Football

Tyler in 6G, Henry in 4J and William in 5K all achieved Player of the Match. Alex in 5K was awarded the captain's armband.

#### Swimming

Henry in 4J swam 400m. Amelie in 4T has moved to green hats.

#### Rugby

Connie in 3D played in a rugby tournament at the weekend and her team won 5 games out of 5 and she scored 5 tries.

William in 4T was awarded the captain's armband.

#### Running

Reuben in 4T completed a 4 mile run. Alicia in 4B has completed 10 Park runs.

#### Dance

Ava in 3P was dancer of the week.

Lily in 4CB came 2<sup>nd</sup> in a Roller Derby.

Kelsie in 5W came 1<sup>st</sup> in her gymnastics competition this weekend. She also had a gymnastics grading and passed with distinction.



#### 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.

<b>3C: Zion</b>	<b>4B: Blaize</b>	<b>5B: Alija</b>	<b>6G: Finley</b>
<b>3D: Oliver</b>	<b>4CB: Teddy</b>	<b>5E: Logan</b>	<b>6L: Antoni</b>
<b>3P: Ivanna</b>	<b>4J: Mason</b>	<b>5K: Alfie</b>	<b>6O: Florence</b>
<b>3W: Liana</b>	<b>4T: Jack</b>	<b>5W: Albie</b>	<b>6R: Bartek</b>

#### 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.**

<b>Monday</b>	<b>Y3, 6L, 6G</b>
<b>Tuesday</b>	<b>Y3, Y5</b>
<b>Wednesday</b>	<b>Y4, Y6</b>
<b>Thursday</b>	<b>Y5, 6O, 6R</b>
<b>Friday</b>	<b>Y4</b>

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 Coffee 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 in-game chat**

Online gaming enjoys an apparently ever-increasing level of popularity, and many players are eager to connect with one another as they enjoy a friendly competition or go for the win side by side. Whether it's to strategise and coordinate, or simply have a chat as you indulge in your hobby, the fact remains that plenty of games now offer means for their players to talk to one another, be that in a text or voice format.

Unfortunately, this functionality – which is used to connect with strangers just as often as it is with friends – poses several risks to younger players, and it's vital for parents and educators to understand these safety concerns. This free guide offers expert advice on the issues that may arise when using in-game chat, and lets you know how to safeguard the children in your care as they make use of this technology.

[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.

<b>Year 3</b>	<b>Year 4</b>
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.u
<b>Year 5</b>	<b>Year 6</b>
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](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 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><b>18.10.24 PTA Break the rules day (details to follow)</b></p> <p>24.10.24 4T / 4B visit to Colchester Castle</p> <p>25.10.24 4CB / 4J visit to Colchester Castle</p> <p>28.10.24 Half Term week</p> <p>31.10.24 Secondary school applications close (Y6 only)</p> <p>02.11.24 Open morning for prospective parents 10am-12</p> <p>04.11.24 Children return to school</p>	<p>07.01.25 Start of term for children</p> <p>13.01.25 After school clubs start</p> <p>21.01.25 &amp; 22.01.25 One Plan meetings for children on SEN register</p> <p>5.02.25 Children's mental health week</p> <p>6.02.25 In class individual photos (All children should come to school in school uniform and bring PE kits in a separate bag if it is a PE day)</p> <p>11.02.25 Safer Internet Day</p> <p>17.02.25 Half term</p>	<p>22.04.25 Start of term for children</p> <p>28.04.25 After school clubs start</p> <p>12.05.25 SATS week (Y6 only)</p> <p>13.05.25 &amp; 14.05.25 One Plan meetings for children on SEN register</p> <p>20.05.25 Year 6 Mersea residential meeting 5pm</p>

<p>05.11.23 Learning conferences (3:45-6.30pm) for children not on SEN register</p> <p>06.11.23 Learning conferences (3:45-5:30pm) for children not on SEN register</p> <p>12.11.24 Y3 visit to Layer Marney Tower</p> <p>15.11.24 Children in Need (non-uniform: children can wear spots / stripes in return for a donation)</p> <p>25.11.24 Last week for clubs</p> <p>29.11.24 Non uniform day in exchange for a gift for the gift shop</p> <p>05.12.24 Gift shop (children can visit the gift shop and buy a gift for £1)</p> <p>17.12.24 Christmas dinner day for years 4 and 6</p> <p>18.12.24 Christmas dinner day for years 3 and 5</p> <p>19.12.24 Christmas Service at school</p> <p>20.12.24 Last day of term</p>	<p>24.02.25 Children return to school</p> <p>06.03.25 World book day (Dress as a book character or bring in a prop from a book)</p> <p>21.03.25 Comic Relief (Children can wear sportswear or non-uniform in exchange for a donation)</p> <p>24.03.25 Last week for clubs</p> <p>11.03.25 Learning conferences (3:45-6.30pm) for children not on SEN register</p> <p>12.03.25 Learning conferences (3:45-5:30pm) for children not on SEN register</p> <p>3.04.25 Easter service at school</p> <p>04.04.25 Last day of term</p>	<p>22.05.25 Sports day and parent picnic (parents invited from 11:45)</p> <p>26.05.25 Half term</p> <p>02.06.25 <a href="#">Multiplication check</a> starts for 3 weeks (Y4 only)</p> <p>02.06.25 Children return to school</p> <p>05.06.25 Reserve Sports day in case of poor weather</p> <p>11.06.25-13.06.25 Mersea residential (Y6 only)</p> <p>20.06.25 Summer fete</p> <p>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)</p> <p>07.07.25 Last week for clubs</p> <p>08.07.25 Children to spend time with their new teacher</p> <p>10.07.25 Annual reports sent out</p> <p>15.07.24 Y6 production to parents 1:45 and 4:30pm 6L and 6G</p> <p>16.07.25 Open afternoon drop in for current parents from 3:30pm – 4.30pm</p> <p>17.07.25 Y6 production to parents 1:45 and 4:30pm 6O and 6R</p> <p>18.07.25 Last day of term</p>
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# What Parents & Educators Need to Know about IN-GAME CHAT

## WHAT ARE THE RISKS?

Video games are continuing to grow in popularity – including, of course, among children and young people – and the emergence of gaming communities has been accelerated by the inclusion of chat functionality across many different titles. While in-game chat isn't inherently a bad thing, it can create some concerns about online safety and the people that children might be interacting with.

### DIFFERENT TYPES OF CHAT

There are a number of ways that gamers commonly chat with one another online. As the name would suggest, in-game chat happens within the game itself. There's also party chat: a group voice conversation that console users can have with anyone on the same platform. This tends to be more commonly used by players who already know each other. Finally, many gamers – especially on PC – will chat via a third-party app such as Discord.

### CONTACT WITH STRANGERS

Whether it's text- or voice-based, in-game chat is frequently open to all players to use. Many games default to making it an opt-in function, but some don't, meaning a child could start seeing messages within the game from people they're playing with, regardless of whether they know those individuals or not. While most strangers won't necessarily have ill intent, there are some who may behave inappropriately when chatting to a child – intentionally or otherwise.

### DANGER OF GROOMING

It's been reported that some young gamers have encountered older players online who pretend to be a lower age to manipulate children, sending gifts in exchange for chatting and sending photos. Just as on any messaging platform, it's good to advise young people to avoid speaking to strangers, emphasise that they shouldn't accept gifts from anyone online that they don't know.

### BULLYING AND ABUSE

While some in-game chat can turn toxic because of how a match plays out, others turn that way because of people who engage in trolling – in essence, behaving in an offensive and abusive way simply to cause pain or get a rise out of whoever they're talking to. These 'trolls' often lean on racial slurs, anti-LGBT sentiment and other hateful rhetoric; they normally feel most confident preying on younger, more impressionable gamers.

### POTENTIAL FOR PRIVATE CHAT

If a player would like a re-match with a stranger after meeting them in the game, they can send a friend request, or use the party chat together in the future. For the most part, this is harmless – but it might lead to messages being exchanged in private. This could then escalate to the sharing of private information, and potentially attempts to manipulate or scam younger players.

### COMPETITIVE ATMOSPHERE

Certain games are very competitive, and players can sometimes get upset if they feel a teammate is underperforming, an opponent won unfairly, or they're just a bad loser. This can lead to unpleasant messages that stray away from playful 'trash talk' and wander into the territory of bullying. Some players have been known to get incredibly abusive in situations like this, and the impact of this on a young gamer's emotional wellbeing could be severe.

## Advice for Parents & Educators

### LOCK-DOWN IN-GAME CHAT

In-game chat can often be disabled in the game's settings. This allows children to play without risk of contact from strangers – but it will need to be done in each individual game. Text chat appears in the corner of the screen in many titles, so it's normally easy to take a quick glance and see what's being said. With voice chat, explain to children what behaviour is inappropriate, so they can spot the dangers themselves.

### REPORT POTENTIAL OFFENDERS

Most games offer a robust means of reporting other players, so you can flag an account as potentially harmful. This normally leads to the account not being matched with yours in the future and, if that person's conduct breaks any of the game's rules, they may be banned from playing entirely. This is done within the game itself, so each title has a slightly different process, but these tend to be designed for simplicity.

### CONSIDER OTHER CHAT OPTIONS

If a child wants to play with people they know, consider using party chat or a third-party service like Discord. This allows everyone involved to chat on a private server and even enjoy each other's company while playing different games. It's also far more secure, as anyone looking to join will need to request and be granted access – normally by whoever is hosting the chat.

### COMMUNICATION IS KEY

Make sure children understand the differences between being competitive and being abusive. Talk about what constitutes unusual or inappropriate behaviour from strangers online. Be clear that if anything ever concerns or worries them, they should tell a trusted adult as soon as possible. Empower children to identify the risks of in-game chat for themselves and reassure them they won't get in trouble for seeking help if anything goes wrong.

### Meet Our Expert

Lloyd Coombes is the Editor in Chief of GGRecon and has been working in the games media industry for five years. He's also a parent and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has been published at sites including IGN, TechRadar, and plenty more.



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



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## Looking for new players



**We are looking for some players for our under 9 and under 10 teams. School year 4 and 5 for 24/25**

**Please contact**  
Adam for u9s - 07989630602  
Steve for u9s - 07985274211  
Kris for u10s - 07873357933  
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"My son had a brilliant time at MRFA. He attended for two days this summer and loved his time there. All the staff were very warm & welcoming which helped with integration. It was also great value for money and we will be signing up again next year for sure!"



## CHELMSFORD

Monday 28th - Thursday 31st  
October



## DUNMOW

Tuesday 29th - Thursday 31st  
October



## EPPING

Monday 28th - Thursday 31st  
October



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# PREMIER LEAGUE KICK-OFF



**OCTOBER HOLIDAY COURSES**  
**EPPING | CHELMSFORD | DUNMOW**  
**28TH - 31ST OCTOBER**

Riverdale Care Home are looking for individuals who share our values and want to make a difference.

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Current vacancies include:

**Domestic Assistant**  
**9am to 3pm**

Contact Nathalie at Riverdale for more information or email us your CV today!



 01376 349 643

 [jobs@westgatehc.co.uk](mailto:jobs@westgatehc.co.uk)

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